

**BARRACUDA SWIM CLUB of NORTHEAST TENNESSEE  
2021 SUMMER TRAINING SCHEDULE - JOHNSON CITY SITE**

L = Legion Street Pool  
SW = Swim

S = SHHS Weight Room  
DL = Dryland  
WT = Weights

F = Freedom Hall Pool  
K = Kingsport Aquatic Center

**NOTE: If swimmers in the PreSenior group have transportation/school issues making it to morning practice, see Coach Chris for an alternate time.**

	Training Group	SUNDAY 5/30	MONDAY 5/31	TUESDAY 6/1	WEDNESDAY 6/2	THURSDAY 6/3	FRIDAY 6/4	SATURDAY 6/5
Week 4	SENIOR	OFF	OFF	SW 7:00-9:30 AM L SW 3:00-5:00 PM F	SW 7:00-10:00 AM L WT 3:00-4:00 PM S DL 4:00-4:45 PM S	SW 7:00-9:30 AM L SW 3:00-5:00 PM F	SW 7:00-8:30 AM L	SW 7:00-9:00 AM L
	PRESENIOR	OFF	OFF	SW 7:30-10:00 AM L	SW 7:30-10:00 AM L DL 3:45-4:45 PM S	SW 7:30-10:00 AM L	SW 7:30-10:00 AM L	SW 7:00-9:00 AM L
	SILVER	OFF	OFF	SW 6:20-7:50 PM F	SW 6:20-7:50 PM F	SW 6:20-7:50 PM F	SW 6:20-7:50 PM F	
	BLUE	OFF	OFF	SW 5:10-6:10 PM F	SW 5:10-6:10 PM F	SW 5:10-6:10 PM F	SW 5:10-6:10 PM F	
	GREEN A MTh	OFF	OFF	OFF	OFF	SW 4:00-5:00 PM F	OFF	
	GREEN B MTh	OFF	OFF	OFF	OFF	SW 6:20-7:20 PM F	OFF	
	GREEN A WF	OFF	OFF	OFF	SW 4:00-5:00 PM F	OFF	SW 4:00-5:00 PM F	
	Training Group	6/6	6/7	6/8	6/9	6/10	6/11	6/12
Week 5	SENIOR	OFF	SW 7:00-10:00 AM L SW 3:00-5:00 PM F	SW 7:00-10:00 AM L SW 3:00-5:00 PM F	SW 7:00-10:00 AM L WT 3:00-4:00 PM S DL 4:00-4:45 PM S	SW 7:00-10:00 AM L SW 3:00-5:00 PM F	SW 7:00-8:30 AM L BSC MEET at KAC	BSC MEET at KAC
	PRESENIOR	OFF	SW 7:30-10:00 AM L	SW 7:30-10:00 AM L	SW 7:30-10:00 AM L DL 3:45-4:45 PM S	SW 7:30-10:00 AM L	SW 7:30-10:00 AM L BSC MEET	
	SILVER	OFF	SW 6:20-7:50 PM F	SW 6:20-7:50 PM F	SW 6:20-7:50 PM F	SW 6:20-7:50 PM F	SW 6:20-7:50 PM F	
	BLUE	OFF	SW 5:10-6:10 PM F	SW 5:10-6:10 PM F	SW 5:10-6:10 PM F	SW 5:10-6:10 PM F	SW 5:10-6:10 PM F	
	GREEN A MTh	OFF	SW 4:00-5:00 PM F	OFF	OFF	SW 4:00-5:00 PM F	OFF	
	GREEN B MTh	OFF	SW 6:20-7:20 PM F	OFF	OFF	SW 6:20-7:20 PM F	OFF	
	GREEN A WF	OFF	OFF	OFF	SW 4:00-5:00 PM F	OFF	SW 4:00-5:00 PM F	
	Training Group	6/13	6/14	6/15	6/16	6/17	6/18	6/19
Week 6	SENIOR	BSC MEET at KAC	SW 7:00-10:00 AM L WT 3:00-4:00 PM S DL 4:00-4:45 PM S	SW 6:30-10:00 AM L SW 3:00-5:00 PM F	SW 7:00-10:00 AM L WT 3:00-4:00 PM S DL 4:00-4:45 PM S	SW 6:30-10:00 AM L SW 3:00-5:00 PM F	SW 7:00-8:30 AM L	SW 7:00-9:00 AM L
	PRESENIOR		SW 7:30-10:00 AM L	SW 7:30-10:00 AM L	SW 7:30-10:00 AM L DL 3:45-4:45 PM S	SW 7:30-10:00 AM L	SW 7:30-10:00 AM L	SW 7:00-9:00 AM L
	SILVER		SW 6:20-7:50 PM F	SW 6:20-7:50 PM F	SW 6:20-7:50 PM F	SW 6:20-7:50 PM F	SW 6:20-7:50 PM F	
	BLUE		SW 5:10-6:10 PM F	SW 5:10-6:10 PM F	SW 5:10-6:10 PM F	SW 5:10-6:10 PM F	SW 5:10-6:10 PM F	
	GREEN A MTh		SW 4:00-5:00 PM F	OFF	OFF	SW 4:00-5:00 PM F	OFF	
	GREEN B MTh		SW 6:20-7:20 PM F	OFF	OFF	SW 6:20-7:20 PM F	OFF	
	GREEN A WF		OFF	OFF	SW 4:00-5:00 PM F	OFF	SW 4:00-5:00 PM F	
	Training Group	6/20	6/21	6/22	6/23	6/24	6/25	6/26
Week 7	SENIOR	OFF	SW 7:00-10:00 AM L WT 3:00-4:00 PM S DL 4:00-4:45 PM S	SW 7:00-9:30 AM L SW 3:00-5:00 PM F	SW 7:00-10:00 AM L WT 3:00-4:00 PM S DL 4:00-4:45 PM S	SW 7:00-9:30 AM L SW 3:00-5:00 PM F	SW 7:00-8:30 AM L	Opem Water Meet at Blacksburg
	PRESENIOR	OFF	SW 7:30-10:00 AM L	SW 7:30-10:00 AM L	SW 7:30-10:00 AM L DL 3:45-4:45 PM S	SW 7:30-10:00 AM L	SW 7:30-10:00 AM L	Last Chance Meet at KAC
	SILVER	OFF	SW 6:20-7:50 PM F	ETSSL MEET Away	SW 6:20-7:50 PM F	SW 6:20-7:50 PM F	SW 6:20-7:50 PM F	
	BLUE	OFF	SW 5:10-6:10 PM F	ETSSL MEET Away	SW 5:10-6:10 PM F	SW 5:10-6:10 PM F	SW 5:10-6:10 PM F	
	GREEN A MTh	OFF	SW 4:00-5:00 PM F	ETSSL MEET Away	OFF	SW 4:00-5:00 PM F	OFF	
	GREEN B MTh	OFF	SW 6:20-7:20 PM F	ETSSL MEET Away	OFF	SW 6:20-7:20 PM F	OFF	
	GREEN A WF	OFF	OFF	ETSSL MEET Away	SW 4:00-5:00 PM F	OFF	SW 4:00-5:00 PM F	

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	Training Group	6/27	6/28	6/29	6/30	7/1	7/2	7/3	
Week 8	<b>SENIOR</b>	Last Chance Meet at KAC	SW 7:00-10:00 AM L WT 3:00-4:00 PM S DL 4:00-4:45 PM S	SW 7:00-10:00 AM L SW 3:00-5:00 PM F	SW 7:00-10:00 AM L WT 3:00-4:00 PM S DL 4:00-4:45 PM S	SW 7:00-10:00 AM L SW 3:00-5:00 PM F	SW 7:00-8:30 AM L	ALL-TEAM FUN PRACTICE at LEGION POOL (COVID premitting) L	
	<b>PRESENIOR</b>		SW 7:30-10:00 AM L	SW 7:30-10:00 AM L	SW 7:30-10:00 AM L DL 3:45-4:45 PM S	SW 7:30-10:00 AM L	SW 7:30-10:00 AM L		
	<b>SILVER</b>		SW 6:20-7:50 PM F	ETSSL MEET Away	SW 6:20-7:50 PM F	SW 6:20-7:50 PM F	SW 6:20-7:50 PM F		
	<b>BLUE</b>		SW 5:10-6:10 PM F	ETSSL MEET Away	SW 5:10-6:10 PM F	SW 5:10-6:10 PM F	SW 5:10-6:10 PM F		
	<b>GREEN A MTh</b>		SW 4:00-5:00 PM F	ETSSL MEET Away	OFF	SW 4:00-5:00 PM F	OFF		
	<b>GREEN B MTh</b> <b>GREEN A WF</b>		SW 6:20-7:20 PM F OFF	ETSSL MEET Away ETSSL MEET Away	OFF SW 4:00-5:00 PM F	SW 6:20-7:20 PM F OFF	OFF SW 4:00-5:00 PM F		
	Training Group	7/4	7/5	7/6	7/7	7/8	7/9	7/10	
Week 9	<b>SENIOR</b>	OFF	SW 7:00-10:00 AM L WT 3:00-4:00 PM S DL 4:00-4:45 PM S	SW 6:30-9:30 AM L SW 3:00-5:00 PM F	SW 7:00-10:00 AM L WT 3:00-4:00 PM S DL 4:00-4:45 PM S	SW 6:30-9:30 AM L SW 3:00-5:00 PM F	SW 7:00-8:30 AM L	SW 7:00-9:00 AM L	
	<b>PRESENIOR</b>	OFF	SW 7:30-10:00 AM L	SW 7:30-10:00 AM L	SW 7:30-10:00 AM L DL 3:45-4:45 PM S	SW 7:30-10:00 AM L	SW 7:30-10:00 AM L	SW 7:00-9:00 AM L	
	<b>SILVER</b>	OFF	SW 6:20-7:50 PM F	ETSSL MEET Away	SW 6:20-7:50 PM F	SW 6:20-7:50 PM F	SW 6:20-7:50 PM F		
	<b>BLUE</b>	OFF	SW 5:10-6:10 PM F	ETSSL MEET Away	SW 5:10-6:10 PM F	SW 5:10-6:10 PM F	SW 5:10-6:10 PM F		
	<b>GREEN A MTh</b>	OFF	SW 4:00-5:00 PM F	ETSSL MEET Away	OFF	SW 4:00-5:00 PM F	OFF		
	<b>GREEN B MTh</b> <b>GREEN A WF</b>	OFF OFF	SW 6:20-7:20 PM F OFF	ETSSL MEET Away ETSSL MEET Away	OFF SW 4:00-5:00 PM F	SW 6:20-7:20 PM F OFF	OFF SW 4:00-5:00 PM F		
	Training Group	7/11	7/12	7/13	7/14	7/15	7/16	7/17	
Week 10	<b>SENIOR</b>	OFF	SW 7:00-10:00 AM L WT 3:00-4:00 PM S DL 4:00-4:45 PM S	SW 7:00-9:30 AM L SW 3:00-5:00 PM F	SW 7:00-10:00 AM L WT 3:00-4:00 PM S DL 4:00-4:45 PM S	SW 7:00-9:30 AM L SW 3:00-5:00 PM F	Southeastern Championship at Nashville	Southeastern Championship at Nashville	
	<b>PRESENIOR</b>	OFF	SW 7:30-10:00 AM L	SW 7:30-10:00 AM L	SW 7:30-10:00 AM L DL 3:45-4:45 PM S	SW 7:30-10:00 AM L			
	<b>SILVER</b>	OFF	SW 6:20-7:50 PM F	ETSSL MEET Home	SW 6:20-7:50 PM F	SW 6:20-7:50 PM F			
	<b>BLUE</b>	OFF	SW 5:10-6:10 PM F	ETSSL MEET Home	SW 5:10-6:10 PM F	SW 5:10-6:10 PM F			
	<b>GREEN A MTh</b>	OFF	SW 4:00-5:00 PM F	ETSSL MEET Home	OFF	SW 4:00-5:00 PM F			
	<b>GREEN B MTh</b> <b>GREEN A WF</b>	OFF OFF	SW 6:20-7:20 PM F OFF	ETSSL MEET Home ETSSL MEET Home	OFF SW 4:00-5:00 PM F	SW 6:20-7:20 PM F OFF			
	Training Group	7/18	7/19	7/20	7/21	7/22	7/23	7/24	
Week 11	<b>SENIOR</b>	Southeastern Championship at Nashville	SW 7:00-10:00 AM L WT 3:00-4:00 PM S DL 4:00-4:45 PM S	SW 7:00-10:00 AM L SW 3:00-5:00 PM F	SW 7:00-10:00 AM L WT 3:00-4:00 PM S DL 4:00-4:45 PM S	SW 7:00-10:00 AM L SW 3:00-5:00 PM F	SW 7:00-8:30 AM L	ETSSL Championship Meet at KAC	
	<b>PRESENIOR</b>		SW 7:30-10:00 AM L	SW 7:30-10:00 AM L	SW 7:30-10:00 AM L DL 3:45-4:45 PM S	SW 7:30-10:00 AM L	SW 7:30-10:00 AM L		
	<b>SILVER</b>		SW 6:20-7:50 PM F	SW 6:20-7:50 PM F	SW 6:20-7:50 PM F	SW 6:20-7:50 PM F	SW 6:20-7:50 PM F		
	<b>BLUE</b>		SW 5:10-6:10 PM F	SW 5:10-6:10 PM F	SW 5:10-6:10 PM F	SW 5:10-6:10 PM F	SW 5:10-6:10 PM F		
	<b>GREEN A MTh</b>	OFF	SW 4:00-5:00 PM F	OFF	OFF	SW 4:00-5:00 PM F	OFF		
	<b>GREEN B MTh</b> <b>GREEN A WF</b>	OFF OFF	SW 6:20-7:20 PM F OFF	OFF OFF	OFF SW 4:00-5:00 PM F	SW 6:20-7:20 PM F OFF	OFF SW 4:00-5:00 PM F		
	Training Group	7/25	7/26	7/27	7/28	7/29	7/30	7/31	
Week 12	We will announce the training schedule for Week 12-13 as we see who qualified for which end-of-season Championship Meets.								