RSD Fall-Winter-Spring 2021-2022
Practice Schedule

effective 8-28-2021

Group	Day	Wave	Time
Corvina	Thursday	Wave 1	4:45–5:35 p.m.
		Wave 2	5:35–6:25 p.m.
	Saturday & Sunday	Wave 1	10:10–11:00 a.m.
		Wave 2	11:00–11:50 a.m.
Zebra Shark	Friday	Wave 1	3:40–4:30 p.m.
		Wave 2	4:30–5:20 p.m.
	Saturday & Sunday	Wave 1	8:30–9:20 a.m.
		Wave 2	9:20–10:10 a.m.
Leopard Shark	Monday, Tuesday, Wednesday, Friday		4:35–5:35 p.m.
Red	Monday, Tuesday, Wednesday, Friday		5:20–6:30 p.m.
White	Monday through Thursday		3:35–5:00 p.m.
	Sunday PMO (Practice Make-up Option)		8:30–9:40 a.m.
Blue	Monday through Friday		3:35–5:05 p.m.
	Sunday PMO (Practice Make-up Option)		8:30–9:40 a.m.
Sr. Silver	Tuesday & Thursday		7:25–8:25 p.m.
	Friday		6:05–7:05 p.m.
	Saturday		10:40–11:50 a.m.
Sr. Gold	Monday & Wednesday		7:20–8:30 p.m.
	Friday		5:05–6:15 p.m.
	Saturday		10:40–11:50 a.m.
Sr. Red	Monday through Thursday		6:00–7:35 p.m.
Sr. White	Monday through Friday		3:35–5:15 p.m.
	Sunday PMO (Practice Make-up Option)		8:30–9:40 a.m.

THE FUNNEST SPORT THERE IS

GREAT FUTURES START HERE.

RSD Fall-Winter-Spring 2021-2022
Practice Schedule

effective 8-28-2021

Group	Day	Wave	Time
Sr. Blue	Monday through Friday		5:55–8:05 p.m.
	Saturday		9:15–11:00 a.m.
Champ Prep	Monday through Friday		5:55–8:05 p.m.
	Monday morning		See your coach
	Saturday		9:15–11:00 a.m.
Championship	Monday through Thursday		3:45–6:35 p.m.*
	Flex Friday		4:25–6:35 p.m.
	Tuesday & Friday morning		5:45–7:00 a.m.
	Saturday		7:20–9:30 a.m.
National	Monday through Thursday		3:45–6:35 p.m.*
	Flex Friday		4:25–6:35 p.m.
	Tuesday & Friday morning		5:45–7:00 a.m.
	Saturday		7:20–9:30 a.m.
Champ & National Dryland/Strength Schedule	*Boys: Mon & Wed dryland 3:45-4:25 p.m. + swim 4:25-6:35 p.m. Tue & Thur swim only 4:25-6:35 p.m. Flex Fri - swim and dryland combo 4:25-6:35 pm		
	*Girls: Tue & Thur dryland 3:45-4:25 p.m. + swim 4:25-6:35 p.m. Mon & Wed swim only 4:25-6:35 p.m. Flex Fri - swim and dryland combo 4:25-6:35 p.m.		

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