



December Practices 2020

Families are encouraged to fill out a December practice survey to include that they would like to be assigned. The coaching staff will assign practices based on numbers below. Please include any practices that will work for your schedule (coaches will do their best to put siblings on same days at the same sites.)

[Practice Survey Link](#)

Swim Groups	Goal for Each Swimmer starting Nov 30
Otter Groups	At least 3 assigned practices per week
Age Group	At least 4 assigned practices per week
Junior	At least 5 assigned practices per week
Senior 2	At least 5 assigned practices per week
Senior 1	At least 6 assigned practices per week

**Note that swimmers must select at least one weekend or weekday morning practice to meet the assigned practices as mentioned above.*

Alan Witt (arrive 15 minutes early Mon-Fri for warmups)

Mon-Thu	6:00-7:00 pm	All Groups
Mon-Thu	7:00-8:00 pm	All Groups
Tue/Thu	5:30-7:00 am	Junior/Senior (mornings)
Fri	4:00-5:00 pm	All Groups
Fri	5:00-6:00 pm	All Groups
Fri	6:00-7:00 pm	All Groups

American Canyon

Mon/Wed/Fri	4:15-6:15 pm	Junior/Senior
Tue/Thu	4:00-5:45 pm	All Group(AG/Otter 4:45-5:45 pm)
Tue/Thu	5:45-7:30 pm	Junior/Senior (AG-contact Ricky)
Sat	7:00-9:00 am	Junior/Senior
Sat	10:15-12:15 pm	Junior/Senior
Sat	10:15-11:15 am	Age Group/Otter
Sat	11:15 am-12:15 pm	Age Group/Otter
Sun	9:00-10:30 pm	Junior/Senior
Sun	10:30-11:30 pm	Age Group/Otters

Vallejo

M/W

2:15-3:45 pm

Junior/Senior

*We will still explore some Vallejo Saturdays between 1-3 pm when pool not used for meets.