|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Lightning**  **Coaches rec: 5**  **– 8 practices per week** | 5:30 – 7:00 AM  4:30 – 6:00 PM | 4:00 – 6:00 PM | 5:30 – 7:30 AM  4:30 – 6:00 PM | 5:30 – 7:30 AM  Crossfit 5:00–6:00 PM | 5:30 – 7:30 AM  4:00 – 6:00 PM | 11:00 AM – 1:00 PM |
| **Senior 1**  **Coaches rec: 4 – 6 practices per week** | 5:30 – 7:00 AM  4:30 – 6:00 PM | 4:30 – 6:00 PM | 5:30 – 7:30 AM  4:30 – 6:00 PM | 4:30 – 6:00 PM | 4:30 – 6:00 PM | 11:00 AM – 1:00 PM |
| **Senior 2**  **Coaches rec: 4 – 5 practices per week** | 4:30 – 6:00 PM | 4:30 – 6:00 PM | 4:30 – 6:00 PM | 5:30 – 7:30 AM  4:30 – 6:00 PM | 4:30 – 6:00 PM | 11:00 AM – 1:00 PM |
| **Pre – Senior**  **Coaches rec: 3 – 4 practices per week** | 4:30 – 6:00 PM | 4:30 – 6:00 PM | 4:30 – 6:00 PM | 4:30 – 6:00 PM | 4:30 – 6:00 PM | OFF |
| **Firebolts 1**  **Coaches rec: 4 – 5 practices per week** | 4:30 – 6:00 PM | 4:30 – 6:00 PM | 4:30 – 6:00 PM | 4:30 – 6:00 PM | 4:30 – 6:00 PM | 11:30 AM – 1:00 PM |
| **Firebolts 2**  **Coaches rec: 4 – 5 practices per week** | 4:00 – 5:00 PM | 4:00 – 5:00 PM | 4:00 – 5:00 PM | 4:00 – 5:00 PM | 4:00 – 5:00 PM | 11:30 AM – 1:00 PM |
| **Firebolts 3**  **Coaches rec: 3 – 4 practices per week** | 4:00 – 4:45 PM | 4:00 – 4:45 PM | OFF | 4:00 – 4:45 PM | 4:00 – 4:45 PM | OFF |
| **Sparks 1 Coaches rec: 3 – 4 practices per week** | 4:00 – 4:45 PM | 4:00 – 4:45 PM | 4:00 – 4:45 PM | 4:00 – 4:45 PM | 4:00 – 4:45 PM | OFF |
| **Sparks 2 Coaches rec: 3 – 4 practices per week** | OFF | 4:00 – 4:45 PM | 4:00 – 4:45 PM | 4:00 – 4:45 PM | 4:00 – 4:45 PM | OFF |
| **Sparks 3 Coaches rec: 2 –3 practices per week** | 4:00 – 4:45 PM | OFF | 4:00 – 4:45 PM | OFF | 4:00 – 4:45 PM | OFF |
| **Mini Sparks** | No practices at this time – Start date TBA | | | | | |
| With the start of High School Swim season our lane time is changing again. This schedule will start August 10th and go through September 4th.The coaches practice recommendation is just a guideline to help swimmers find the correct number of practices to attend each week. It will vary by swimmer based on experience level, interest level and individual goals. Don’t hesitate to contact me with questions or concerns. Coach Phoebe (208)521-6792 [pahiphoe@isu.edu](mailto:pahiphoe@isu.edu) | | | | | | |