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| --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Lightning**  **Coaches rec: 5**  **– 8 practices per week** | 5:30 – 7:00 AM  4:15 – 6:00 PM | 4:15 – 6:00 PM | 5:30 – 7:15 AM  4:15 – 6:00 PM | 5:30 – 7:15 AM  Crossfit 5:00–6:00 PM | 5:30 – 7:15 AM  4:15 – 6:00 PM | 6:00 – 8:00 AM |
| **Senior 1**  **Coaches rec: 4 – 6 practices per week** | 5:30 – 7:00 AM  4:15 – 6:00 PM | 4:15 – 6:00 PM | 5:30 – 7:15 AM  4:15 – 6:00 PM | 4:15 – 6:00 PM | 4:15 – 6:00 PM | 6:00 – 8:00 AM |
| **Senior 2**  **Coaches rec: 4 – 5 practices per week** | 4:15 – 6:00 PM | 4:15 – 6:00 PM | 4:15– 6:00 PM | 5:30 – 7:15 AM  4:15 – 6:00 PM | 4:15 – 6:00 PM | 6:00 – 8:00 AM |
| **Pre – Senior**  **Coaches rec: 3 – 4 practices per week** | 4:15 – 6:00 PM | 4:15 – 6:00 PM | 4:15 – 6:00 PM | 4:15 – 6:00 PM | 4:15 – 6:00 PM | OFF |
| **Firebolts 1**  **Coaches rec: 4 – 5 practices per week** | 4:15 – 6:00 PM | 4:15 – 6:00 PM | 4:15 – 6:00 PM | 4:15 – 6:00 PM | 4:15 – 6:00 PM | 6:30 – 8:00 AM |
| **Firebolts 2**  **Coaches rec: 4 – 5 practices per week** | 3:30 – 4:45PM | 3:30 – 4:45PM | 3:30 – 4:45PM | 3:30 – 4:45PM | 3:30 – 4:45PM | 6:30 – 8:00 AM |
| **Firebolts 3**  **Coaches rec: 3 – 4 practices per week** | 3:30 – 4:30 PM | 3:30 – 4:30 PM | OFF | 3:30 – 4:30 PM | 3:30 – 4:30 PM | OFF |
| **Sparks 1 Coaches rec: 3 – 4 practices per week** | 3:30 – 4:30 PM | 3:30 – 4:30 PM | 3:30 – 4:30 PM | 3:30 – 4:30 PM | 3:30 – 4:30 PM | OFF |
| **Sparks 2 Coaches rec: 3 – 4 practices per week** | OFF | 3:30 – 4:30 PM | 3:30 – 4:30 PM | 3:30 – 4:30 PM | 3:30 – 4:30 PM | OFF |
| **Sparks 3 Coaches rec: 2 –3 practices per week** | 3:30 – 4:30 PM | OFF | 3:30 – 4:30 PM | OFF | 3:30 – 4:30 PM | OFF |
| **Mini Sparks**  (Starting September 14th, 2020) | 3:30 – 4:15 PM | OFF | 3:30 – 4:15 PM | OFF | 3:30 – 4:15 PM | OFF |
| The fall schedule will begin Tuesday September 8th, 2020. 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. Our number one goal is to provide a safe environment for the swimmers to reach their goals. Coach Phoebe (208)521-6792 [pahiphoe@isu.edu](mailto:pahiphoe@isu.edu) | | | | | | |