

# SUSA Swim Team Schedule -- Fall 2020 (August - December)

**ODD Fridays** & **EVEN Fridays** are marked on the SUSA Calendar on our website. It's at the bottom right of our homepage. Odd and Even refer to the number week in the month – for example, the first Friday of the month is an ODD, the second Friday is an Even, etc.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>NATIONAL DEVELOPMENT</b> (Coach Shawn)	5-7 AM @ WCCC** 5:45-7:30 PM @ SHAC	5:30-7 AM @SHAC 5:45-7:30 PM @ SHAC	5:45-7:30 PM @ SHAC	5:30-7 AM @SHAC 5:45-7:30 PM @ SHAC	5-7 AM @ WCCC** 4:30-6:30 PM @ SHAC	6-8 AM @ WCCC
<b>STINGRAYS 2/ SENIOR DEV</b> (Coach Shawn)	4:15-5:45 PM @ SHAC	4:15-5:45 PM @ SHAC	4:15-5:45 PM @ SHAC	4:15-5:45 PM @ SHAC	4:30-6:30 PM @ SHAC	6-8 AM @ WCCC (by invitation)
<b>ROYALS 2</b> (Coach Dani)	4:30-6:30 PM @ WCCC	5:00-7:00 PM @ WCCC	5:00-7:00 PM @ WCCC	5:00-7:00 PM @ WCCC	<b>Odd Fridays:</b> 4-6 PM @ WCCC (comb w/ all royals & s1) <b>Even Fridays:</b> 4:30-6:30 PM @ SHAC (comb w/Nat-D & S2)	
<b>SENIOR DEVELOPMENT^^</b>	4:00-5:30 PM @ WCCC (4:15-5:45 PM @ SHAC++)	6:00-7:00 AM @ SHAC 4:00-5:30 PM @ WCCC (4:15-5:45 PM @ SHAC++)	4:00-5:30 PM @ WCCC (4:15-5:45 PM @ SHAC++)	6:00-7:00 AM @ SHAC 4:00-5:30 PM @ WCCC (4:15-5:45 PM @ SHAC++)		
<b>WCCC STINGRAYS 1</b> (Coach Dani)	4:30-6:30 PM @ WCCC	5:00-7:00 PM @ WCCC	5:00-7:00 PM @ WCCC	5:00-7:00 PM @ WCCC	<b>Odd Fridays:</b> 4-6 PM @ WCCC (comb w/ all royals & s1) <b>Even Fridays:</b> 4:30-6:30 PM @ SHAC (comb w/Nat-D & S2)	
<b>SUMMIT STINGRAYS 1</b> (Coach Tessa)	4:00-5:30 PM @ Summit	4:00-5:30 PM @ Summit		4:00-5:30 PM @ Summit	<b>Odd Fridays:</b> 4-6 PM @ WCCC (comb w/ all royals & s1) <b>Even Fridays:</b> 4:00-5:30 PM @ Summit	

<b>SHAC STINGRAYS 1</b> (Coach Kate)	4:00-5:30 PM @ SHAC	4:00-5:30 PM @ SHAC	4:00-5:30 PM @ SHAC	4:00-5:30 PM @ SHAC	<b>Odd Fridays:</b> 4-6 PM @ WCCC (comb w/ all royals & s1) <b>Even Fridays:</b> No practice	
<b>WCCC ROYALS 1</b> (Coach Faith)	4:00-5:30 PM @ WCCC	4:00-5:30 PM @ WCCC	4:00-5:30 PM @ WCCC	4:00-5:30 PM @ WCCC	<b>Odd Fridays:</b> 4-6 PM @ WCCC (comb w/ all royals & s1) <b>Even Fridays:</b> No practice	
<b>SUMMIT ROYALS 1</b> (Coach Tessa)	4:00-5:30 PM @ Summit	4:00-5:30 PM @ Summit		4:00-5:30 PM @ Summit	<b>Odd Fridays:</b> 4-6 PM @ WCCC (comb w/ all royals & s1) <b>Even Fridays:</b> 4:00-5:30 PM @ Summit	
<b>SHAC ROYALS 1</b> (Coach Kate)	4:00-5:30 PM @ SHAC	4:00-5:30 PM @ SHAC	4:00-5:30 PM @ SHAC	4:00-5:30 PM @ SHAC	<b>Odd Fridays:</b> 4-6 PM @ WCCC (comb w/ all royals & s1) <b>Even Fridays:</b> No practice	

**\*\* Morning practices for Nat-D will be suspended during the high school season (Sept 28 through Feb 12)**

**^^Senior D swimmers who are going to take the HS season off should consider doing our pre-comp option: High School Development**

**++Senior D swimmers who swim at SHAC with Stingrays 2 need prior approval to do so**

### **Pre-Comp & HS Development Schedule**

	<b>Pre-Comp 1</b>	<b>Pre-Comp 2</b>	<b>Pre-Comp 3</b>	<b>High School Development</b>
Washington	5:30-6:00 PM -- TWTH	6:20-7:00 PM -- TWTH	5:30-6:20 PM -- TWTH	4:00-5:30 PM -- MTWTH
Summit		5:30-6:10 PM – MTTH	5:30-6:10 PM – MTTH	None
Sand Hollow	4:00-4:30 PM – TWTH	4:30-5:10 PM – TWTH	5:30-6:20 PM – TWTH	6:00-7:00 AM – T, TH