



**WAC PRACTICE SCHEDULE**  
**2015-2016 SHORT COURSE SEASON**

**Level A:**

**Morgan Cordle, Lead Coach**

**Capwell Taylor, Assistant**

**David Marmon, Core & Weights**

**Total Water Time: 12 hours per week**

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Practice Time &amp; Location</b>	No Practice	3:00-5:00 pm Bubble	3:00-5:00 pm Bubble	3:00-4:30 pm Rec Center	3:00-5:00 pm Bubble	3:00-5:00 pm Bubble	7:30-10:00am Bubble
				4:30-5:00 Weekly Chalk Talk			
<b>Marmon Muscle is located at WISC</b>		5:30-6:30pm Core & Weights at Marmon Muscle	5:30-6:30pm Core & Weights at Marmon Muscle		5:30-6:30pm Core & Weights at Marmon Muscle		

**Level B:**

**Brian Vereb, Lead Coach**

**Nick Weigand, Assistant Coach**

**Rachael Cortright, Assistant Coach**

**David Marmon, Core & Weights**

**Total Water Time: 10.5 hours per week**

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Practice Time &amp; Location</b>	3:45-5:45 pm Bubble	3:00-4:30 pm Rec Center	3:00-4:30 pm Rec Center	3:00-5:00 pm Bubble	3:00-4:30 pm Rec Center	3:00-5:00 pm Rec Center	No Practice
			4:30-5:00 Weekly Chalk Talk				
<b>Marmon Muscle is located at WISC</b>		5:30-6:30pm Core & Weights at Marmon Muscle	5:30-6:30pm Core & Weights at Marmon Muscle		5:30-6:30pm Core & Weights at Marmon Muscle		

**Level C:**

**Morgan Cordle, Lead Coach**

**Capwell Taylor, Assistant Coach**

**Rachael Cortright, Assistant Coach**

**Total Water Time: 10.75 hours per week**

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Drylands</b>	No Practice	5:15-5:45 pm Bubble	No Drylands	7:00-7:30 pm Rec Center	No Drylands	4:40-5:00 pm Bubble	No Drylands
<b>Practice Time &amp; Location</b>		5:45-7:45 pm Bubble	5:00-7:00 pm Bubble	7:30-8:45 pm Rec Center	5:00 - 6:45 pm Bubble	5:00-6:45 pm Bubble	10:00-12:00 Bubble

**Level D:**

**Lead Coach To Be Determined**

**Rachael Cortright, Assistant Coach**

**Total Water Time: 6.75 hours per week**

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Drylands</b>	No Drylands	No Practice	7:10-7:30 Rec Center	5:25-5:45 Bubble	7:10-7:30 Bubble	4:40-5:00 Rec Center	No Practice
<b>Practice Time &amp; Location</b>	2:15-3:45 pm Bubble		7:30-8:45 pm Rec Center	5:45-7:35 pm Bubble	7:30-8:45 pm Bubble	5:00-6:30 pm Rec Center	

**Level E:**

**Jenna Heuser, Lead Coach**

**Nick Weigand, Assistant Coach**

**Total Water Time: 5 Hours per week**

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Drylands</b>	No Practice		No Practice	No Practice			
<b>Practice Time &amp; Location</b>		7:30-8:45 pm Rec Center			7:30-8:45 pm Rec Center	6:30-7:45 pm Rec Center	8:45-10:00 am Rec Center

**Level F:**

**Kelley Crisci, Lead Coach**

**Lindsay Landers, Assistant Coach**

**Total Water Time: 2.25 hours per week**

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Drylands</b>	No Practice	No Practice	No Practice		6:30-6:45 pm Bubble	No Practice	10:45- 11:00 am Rec Center
<b>Practice Time &amp; Location</b>				5:00-5:45 pm Bubble	6:45-7:30 pm Bubble		11:00- 11:45 am Rec Center

**Level G:**

**Sandi Willard, Lead Coach**

**Lindsay Landers, Assistant Coach**

**Rachael Davis, Assistant Coach**

**Total Water Time: 1.5 hours per week**

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Practice Time &amp; Location</b>	No Practice	5:00- 5:45 pm Bubble	No Practice	No Practice	No Practice	No Practice	11:45-12:30 am Rec Center