



SHAKER SWIMMING

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HIGH SCHOOL : SEASON PRACTICE SCHEDULE : NOV 6 – FEB. 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 – 7:20 a.m. Selected Swimmers	5:45 – 7:20 a.m. Extra Practice	6:00 – 7:20 a.m. Selected Swimmers	5:45 – 7:20 a.m. Extra Practice	6:00 – 7:20 a.m. Selected Swimmers	7:00 – 8:15 a.m. Extra Practice
3:45 – 6:15 p.m. HS Group	3:45 – 5:45 p.m. HS Group	3:45 – 6:15 p.m. HS Group	3:45 – 5:45 p.m. HS Group	3:45 – 6:00 p.m. HS Group	8:30 – 10:30 a.m. HS Group

(Selected Swimmers will have extended practice time during designated afternoon workouts- specifics TBA)

Note: Bring t-shirt, shorts, and tennis shoes to all practices.

* No practice on November 26, December 25, and January 1

Special Practices:

(These practices are extremely important to your training – do not miss them!)

Wed., Nov 25:	HS Group – 8:00 – 10:30 a.m.	Selected swimmers – 3:00 – 5:15 p.m.
Fri., Nov. 27:	HS Group – 8:00 – 10:30 a.m.	Selected swimmers – 3:00 – 5:15 p.m.
Sat., Nov. 28:	HS Group – 8:00 – 10:30 a.m.	Selected swimmers – 3:00 – 5:15 p.m.
Mon., Dec. 21:	HS Group – 8:00 – 10:30 a.m.	Selected swimmers – 3:00 – 5:15 p.m.
Tues., Dec. 22:	HS Group – 8:00 – 10:30 a.m.	Selected swimmers – 3:00 – 5:15 p.m.
Wed., Dec. 23:	HS Group – 8:00 – 10:30 a.m.	Selected swimmers – 3:00 – 5:15 p.m.
Thurs., Dec. 24	HS Group – 8:00 – 10:30 a.m.	
Fri., Dec. 25	NO PRACTICE	
Sat., Dec. 26:	HS Group – 8:00 – 10:30 a.m.	Selected swimmers – 3:00 – 5:15 p.m.
Mon., Dec. 28:	HS Group – 8:00 – 10:30 a.m.	Selected swimmers – 3:00 – 5:15 p.m.
Tues., Dec. 29:	HS Group – 8:00 – 10:30 a.m.	Selected swimmers – 3:00 – 5:15 p.m.
Wed., Dec. 30:	HS Group – 8:00 – 10:30 a.m.	Selected swimmers – 3:00 – 5:15 p.m.
Thurs., Dec. 31:	HS Group – 8:00 – 10:30 a.m.	Selected swimmers – 3:00 – 5:15 p.m.
Fri., Jan. 1	NO PRACTICE	
Sat., Jan 2:	HS Group – 8:00 – 10:30 a.m.	Magnificat/Ignatius Meet Warm-ups at 4:00 p.m.; Meet starts at 6:00 p.m.
Mon., Jan 18:	HS Group – 8:00 – 10:30 a.m.	Selected swimmers – 3:00 – 5:15 p.m.