



# SHAKER SWIMMING

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## HIGH SCHOOL : SEASON PRACTICE SCHEDULE : NOV 5 – FEB. 23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 – 7:20 a.m. Selected Swimmers	5:45 – 7:20 a.m. Selected Swimmers	5:45 – 7:20 a.m. Selected Swimmers	5:45 – 7:20 a.m. Selected Swimmers	5:45 – 7:20 a.m. Selected Swimmers	7:30 – 8:30 a.m. HS Group Extra Practice
3:45 – 6:00 p.m. HS Group	3:45 – 6:00 p.m. HS Group	3:45 – 6:00 p.m. HS Group	3:45 – 6:00 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 22, December 25, and January 1

### Special Practices:

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

Wed., Nov 21:	Selected swimmers – 8:00 – 10:30 a.m.	HS Group – 3:00 – 5:15 p.m.
Fri., Nov. 23:	Selected swimmers – 8:00 – 10:30 a.m.	HS Group – 3:00 – 5:15 p.m.
Sat., Nov. 24:	Selected swimmers – 8:00 – 10:30 a.m.	HS Group – 3:00 – 5:15 p.m.
Mon., Dec. 24:	HS Group – 8:00 – 10:30 a.m.	
Tues., Dec. 25:	NO PRACTICE	
Wed., Dec. 26:	Selected swimmers – 8:00 – 10:30 a.m.	HS Group – 3:00 – 5:15 p.m.
Thurs., Dec. 27:	Selected swimmers – 8:00 – 10:30 a.m.	HS Group – 3:00 – 5:15 p.m.
Fri., Dec. 28:	Selected swimmers – 8:00 – 10:30 a.m.	HS Group – 3:00 – 5:15 p.m.
Sat., Dec. 29:	HS Group – 8:00 – 10:30 a.m.	Selected Swimmers – 3:00 – 5:15 p.m.
Sun., Dec. 30:	NO PRACTICE	
Mon., Dec. 31:	HS Group – 8:00 – 10:30 a.m.	Selected Swimmers – 3:00 – 5:15 p.m.
Tues., Jan 1:	NO PRACTICE	
Wed., Jan 2:	Selected swimmers – 8:00 – 10:30 a.m.	HS Group – 3:00 – 5:15 p.m.
Thurs., Jan 3:	Selected swimmers – 8:00 – 10:30 a.m.	HS Group – 3:00 – 5:15 p.m.
Fri., Jan 4:	Selected swimmers – 8:00 – 10:30 a.m.	HS Group – 3:00 – 5:15 p.m.
Sat., Jan 5:	Selected swimmers – 8:00 – 10:30 a.m.	HS Group – 3:00 – 5:15 p.m.
Sun. Jan 6:	NO PRACTICE	
Mon., Jan 21:	Selected swimmers – 8:00 – 10:30 a.m.	HS Group – 3:00 – 5:15 p.m.