



Practice Schedules September 14-March 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Select	3:30 – 5:30p	5:45 – 7am 3:30 – 5:30p	3:30 – 5:30p	5:45 – 7am 3:30 – 5:15p		7 – 9:15a	8:15 – 10a
SS DL	5:30 – 6:30p		5:30 – 6:30p			9:15 – 10:15a	
Senior	5:30 – 7:15p	5:30 – 7:15p	5:30 – 7:15p	5:15 – 6:45p		7 – 9:15a	8:15 – 10a
Senior DL	4:30 – 5:30p		4:30 – 5:30p			9:15 – 10:15a	
Age Group Select	DL 6:30p 7:15 – 8:30p		DL 6:30p 7:15 – 8:30p	6:45 – 8:30p	5:30 – 7p	DL 8:30a 9:15 – 11a	
AG1 Scarlet	3:30 – 5p or 7:30 – 9p	DL 6:45p 7:15 – 8:45p	3:30 – 5p or 7:30 – 9p		4 – 5:30p		6 – 7:30p
AG2A		4:15 – 5:45p		4:15 – 5:45p	4:30 – 6p	8 – 9:30a	10 – 11:30a
AG2B	7:30 – 9p or 3:30 – 5p		7:30 – 9p or 3:30 – 5p		4:30 – 6p	8 – 9:30a	4:30 – 6p
AG3A	5 – 6:15p		5 – 6:15p		6 – 7:15p		4 – 5:30p
AG3B	6:15 – 7:30p		6:15 – 7:30p		6 – 7:15p		4 – 5:30p
AG4		5:45 – 6:45p		5:45 – 6:45p		9:30 – 10:30a	9:30 – 10:30a
Silver 1		7:30 – 8:30p		7:30 – 8:30p		10:30 – 11:30a	
Silver 2		6:45 – 7:30p		6:45 – 7:30p		9:30 – 10:30a	
	Practices held at Powell Aquatics Center, 168 E. Olentangy Street, Powell, OH						
	Practices held at Columbus North, 888 E. Dublin Granville Road, Columbus, OH						

Practice Schedule Notes:

- Short Course practices begin September 14 and finish March 5 for most practice groups. Senior Select and Senior Group will practice until the last championship meet in March.
- Senior Select will have optional practices August 24 – September 10. A practice schedule will be sent to Senior Select families.
- Please note that the published practice schedules are at full capacity of membership for every group. If any groups are smaller or larger in size, there will be practice schedule adjustments to maintain a full pool and quality practices.**
- The Long Course practice schedule will be announced in January. The season will begin April 5 and will end late July. National/Central Zone meet qualifiers will have practices until their National Meet.
- Any High School swimmers who are “required” to ONLY train with their HS team will be removed from the Short Course installment plan November to early February. This is determined and approved by the Head Coach.
- DL = Dryland strength and conditioning, all times above without this designation are swim training
- An updated calendar of practice times and locations will be kept on the team’s website on the “Schedule” page.
- There are no swim practices during team meets. Specific practice groups not assigned to a meet will have swim practice.**
- Practices will not be held for all groups on the following holidays: Thanksgiving, Christmas, and New Year’s Day, Easter, Memorial Day and July 4. Practices held on other holidays may be changed or canceled at the Head Coach’s discretion.
- Please note that there is a revised practice schedule during Thanksgiving and Christmas breaks from school. These changes will be communicated via email and posted on the website closer to the respective holidays.**
- Swimmers can only attend practices for their assigned practice group. A swimmer must get permission from the Head Coach to try to make up a practice for an approved reason.
- No Parents on Deck Policy** – parents are not allowed to sit or stand on the pool deck during practices at any of our facilities. This is a United States Swimming recommendation, and it is important for each swimmer to be focused on their coach’s instructions with no distractions to the coaching staff for safety reasons.
- Practice schedule is subject to change. There could be some groups combined on certain days pending practice group numbers following team registrations.**