

Tentative Long Course Practice Schedule

Stroke Camp (3 weeks)

March 22-April 11

SR	M,T,W,Th	4:00-5:30
AG-B,S,G	M,W,Th	5:30-6:45
PC/SL	T,F	5:30-6:30

Spring Session (9 weeks)

April 12-June 13

<u>M,W,F</u>		<u>T,Th</u>	<u>Sat</u>
SR-R/B	4:00-6:00 (N)	SR R/B	4:00-6:00 (N) 8:00-10:30 (N)
SR-W	4:00-5:30 (N)	SR W	4:00-5:30 (N) 9:00-11:00
AG1	3:45-5:15	AG-G	3:45-5:15
AG2	6:15-7:30	AG-S	5:00-6:15
PC	5:40-6:20	AG-B	6:00-7:00
SL	5:10-6:00		

AG 1

Gold Group +

H. Carigan
E. Cruz
N. Dess
M. Dix
J. Finerty
A. Knitter
G. Munson
S. Linn

AG 2

Bronze Group +

C. Blanchard	I. Bengana
J. Kosidowski	M. Muth
K. Powers	M. Cudahy
K. Tsuchiyama	E. Jorn
L. Vulpas	O. Kessenich
C. Walther	W. Lanphere
L. Westfahl	M. Schneider
L. Barry	Er. Szablewski

Summer Session (8 weeks)

June 7-Aug 1

SR-R/B	5:00-7:00
SR-W	TBA
AG-G	5:30-7:00 SHS
AG-S	3:30-4:45 SHS
AG-B	4:00-5:00
SL	4:45-5:30
PC	5:30-6:15

*These practice times are tentative based on facility and coaching availability. Please contact Dave for definite practice times as we approach the summer.