

We're excited to get the new season underway! Senior group practices will officially resume on **Tuesday, August 12**, with dryland training sessions on **Tuesday and Thursday afternoons**. Please make sure your athletes come prepared daily with dryland-appropriate clothing and a water bottle, regardless of scheduled dryland activity.

Our initial focus will be on building fitness gradually and safely, avoiding overload or injury. Practice intensity and duration will steadily increase each week. Please review the schedule at the bottom of this message. With a busy couple of months ahead, we want to ensure everyone is aligned on expectations.

We'll regularly review expectations with **ALL** athletes, including:

- Arriving on time
- Bringing all required equipment
- Completing the full practice (early dismissals should be rare)

Additional Expectations:

- **Senior 2**
 - Required to attend **Monday–Friday afternoon and weekend practices as scheduled**
 - **Morning practices are not required** but will be offered to swimmers demonstrating excellent afternoon attendance, consistency, and effort
 - Expected to maintain **80% monthly practice attendance**
 - **Required Training Equipment:** Fins, Kickboard, Snorkel, Green or Yellow Strokemaker Paddles, Pull Buoy, Tennis Ball, D-Band Pull Strap (team provided), Equipment Bag, CMSA Swim Cap, CMSA T-Shirt, Water Bottle
 - **Recommended Training Equipment:** Finis Tempo Trainer, Nose Clip, Parachute
- **Senior 3**
 - Expected to attend **all scheduled practices**
 - The weekly schedule is designed to prepare athletes for high-level racing with focused training on skills and energy systems
 - Goal: **100% attendance**
 - **Required Training Equipment:** Fins, Kickboard, Snorkel, Green or Yellow Strokemaker Paddles, Pull Buoy, Tennis Ball, D-Band Pull Strap (team provided), Finis Tempo Trainer, Nose Clip, Parachute, Equipment Bag, CMSA Swim Cap, CMSA T-Shirt, Water Bottle

Meet Schedule

- Aug 28 – HS Meet – Sprinting into September (HS Only)
- Sept 11 – HS Meet – 100's Meet (HS Only)
- Sept 25 – HS Meet – Bay Area Invitational (HS Only)
- Oct 4-5 – CMSA Meet – Vance Rose Invitational (ALL CMSA Swimmers / Non-HS Event Focus)
- Oct 17-18 – HS Meet – Gulf Coast Classic (HS Only)
- Nov 1 – HS Meet – District 1 Championship (HS Only)
- Nov 8-9 – NAC Meet – NAC Invite (SR Travel – Practice Attendance Requirement)
- Nov 21-22 – HS Meet – AHSAA State Championship (Qualifiers)
- Nov 21-23 – GPAC Meet – Gravy Bowl (Non-AHSAA State Swimmers)
- Dec 5-7 – AUB Meet – Auburn Invite (Non-Winter Junior National Qualifiers)
- Dec 10-13 – USA Meet – Winter Junior Nationals (Qualifiers)
- Jan 16-18 – GPAC Meet – GPAC Winter Invite (ALL CMSA Swimmers)
- Feb 13-15 – SES Meet – Region 4 Championship (Non-SES Winter Champ Qualifiers)
- Feb 27-1 – SES Meet – Winter Southeastern Championship (Qualifiers)

- Mar TBA – Spring Championship Meet

Please review the following schedule. This will be our guide for the first 12 weeks.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1: 8/10-16	OFF	OFF	3:45-5:45 PM	3:45-5:45 PM	3:45-5:45 PM	OFF	OFF
Week 2: 8/17-23	OFF	3:45-5:45 PM	3:45-6:15 PM	3:45-5:45 PM	3:45-6:15 PM	3:45-5:45 PM	OFF
Week 3: 8/24-30	OFF	3:45-6:15 PM	3:45-6:15 PM	3:45-6:15 PM	3:45-5:30 PM (HS Meet)	3:45-6:15 PM	OFF
Week 4: 8/31-9/6	OFF	OFF for Labor Day	3:45-6:15 PM	3:45-6:15 PM	3:45-6:15 PM	3:45-6:15 PM	OFF
Week 5: 9/7-13	2:00-4:30 PM	5:00-6:30 AM & 3:45-6:15 PM	3:45-6:15 PM	3:45-6:15 PM	3:45-5:30 PM (HS Meet)	3:45-6:15 PM	OFF
Week 6: 9/14-20	2:00-4:30 PM	5:00-6:30 AM & 3:45-6:15 PM	3:45-6:15 PM	3:45-6:15 PM	5:00-6:30 AM & 3:45-6:15 PM	3:45-6:15 PM	OFF
Week 7: 9/21-27	2:00-4:30 PM	5:00-6:30 AM & 3:45-6:15 PM	3:45-6:15 PM	3:45-6:15 PM	3:45-5:30 PM (HS Meet)	3:45-6:15 PM	OFF
Week 8: 9/28-10/4	2:00-4:30 PM	5:00-6:30 AM & 3:45-6:15 PM	3:45-6:15 PM	3:45-6:15 PM	5:00-6:30 AM & 3:45-6:15 PM	3:45-6:15 PM	CMSA Vance Rose Meet
Week 9: 10/5- 11	CMSA Vance Rose Meet	OFF	3:45-6:15 PM	3:45-6:15 PM	5:00-6:30 AM & 3:45-6:15 PM	3:45-6:15 PM	OFF
Week 10: 10/12-18	2:00-4:30 PM	3:45-6:15 PM	3:45-6:15 PM	3:45-6:15 PM	3:45-6:15 PM	Gulf Coast Classic (Prelims)	Gulf Coast Classic (Finals)
Week 11: 10/19-25	OFF	5:00-6:30 AM & 3:45-6:15 PM	3:45-6:15 PM	3:45-6:15 PM	5:00-6:30 AM & 3:45-6:15 PM	3:45-6:15 PM	OFF
Week 12: 10/26-11/1	OFF	5:00-6:30 AM & 3:45-6:15 PM	3:45-6:15 PM	3:45-6:15 PM	5:00-6:30 AM & 3:45-6:15 PM	3:45-6:15 PM	District 1 HS Meet

Enjoy the rest of your weekend. Go Big Fish!