



## 2024 SUMMER PRACTICE SCHEDULE

*Effective: 5/28/2024*

### **HAWGS – RED**

Tuesday 7:45-9:00 AM  
Thursday 7:45-9:00 AM  
Saturday 10:30-11:30 AM (JC)

### **HAWGS – WHITE**

Monday 7:45-9:00 AM  
Wednesday 7:45-9:00 AM  
Friday 7:45-9:00 AM  
Saturday 10:30-11:30 AM (JC)

### **BOSS HAWGS**

Monday 7:30-9:00 AM  
DL: 7:30-7:45 AM  
Tuesday 7:00-9:00 AM  
Wednesday 7:30-9:00 AM  
DL: 7:30-7:45 AM  
Thursday 7:30-9:00 AM  
DL: 7:30-7:45 AM  
Friday 7:30-9:00 AM

### **VARSITY HAWGS**

Monday 5:30-7:30 AM  
DL: 7:00-7:30  
Tuesday 7:00-9:00 AM  
Thursday 5:30-7:00 AM  
Friday 7:15-9:00 AM  
DL: 7:15-7:45 AM  
Saturday 8:30-10:00 AM (JC)

### **JUNIOR HAWGS**

Monday 7:00-9:00 AM  
DL: 7:00-7:15 AM  
Tuesday 4:00-6:00 PM (JC)  
DL: 5:30-6:00 PM  
Wednesday 7:00-9:00 AM  
Thursday 7:00-9:00 AM  
Friday 5:30-7:30 AM  
Saturday 10:00-12:00 PM (JC)  
DL: 11:30-12:00 PM

### **SENIOR HAWGS**

Monday 5:30-7:45 AM  
2:00-4:00 PM (JC)  
Tuesday 5:30-8:00 AM  
DL: 7:00-8:00 AM  
2:00-4:00 PM (JC)  
Wednesday 5:30-7:45 AM  
2:00-4:00 PM (JC)  
Thursday 5:30-7:45 AM  
2:00-4:00 PM (JC)  
Friday 5:30-7:45 AM  
Saturday 7:30-10:30 AM (JC)  
DL: 7:30-8:30 AM

### **MASTERS**

Tuesday 6:00-7:00 AM  
Thursday 6:00-7:00 AM  
Saturday 7:30-8:30 AM (JC)

*All practices take place at the Springdale Aquatic Center.*

*Practices at the Jones Center are noted within the schedule (JC).*

*DL: Dryland - Swimmers must have shoes. Junior Hawgs & Senior Hawgs Should always be prepared for dryland.*

*Practices will be adjusted as needed and communicated to all affected training groups.*