



Practice Schedule 2025-2026

(Schedule is subject to change at any point) draft 16th July)

1st day of practice is **Monday 22nd September, 2025**

AM weekday practices will start the week of **Monday 6th October**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A. M.	Jaws (6:30-7:30) Robyn	Performance (6:00-7:30) Emma	Mavs Prov. (6:00-7:30) Abby	Performance (5:45-7:15) Mavs Prov champ swimmers only (5:45-7:15) LC At Seton Emma Mavs Prov (Non-champ swimmers) Mavs Dev (6:00-7:30) Abby Junior Mavs (6:00-7:30) Julia	Senior Mavs (6:00-7:30) Emilia/Sofiya	Performance (6:00-8:00) (8:15-9:15) Strength Emma Mavs Prov & Dev. (6:00-8:00) (8:15-9:15) Dryland for Mavs Prov Abby Senior Mavs (9:00-10:30) Emilia/Sofiya SWINDELLS Rogues (6:00-7:00) Robyn Breakers (6:00-7:00) Julia Jaws (7:00-8:00) Robyn Junior Mavs (7:00-8:30) Julia
h P. M.	Performance (4:00-6:00) Emma Breakers (4:00-5:00) Julia Junior Mavs (5:00-6:00) Julia	Performance (5:00-6:00) Strength. Senior Mavs (4:00-5:30) Emilia/Sofiya Rogues (5:30-6:30) Robyn Mavs Prov. (5:00-7:00) Mavs Dev. (5:00-6:30) (4:00-5:00) Strength Abby SWINDELLS Waves 1 (6:30-7:30) Cora/Rylee	Performance (4:00-5:30) Emma SWINDELLS Junior Mavs (4:00-5:00) Julia Rookies 1 (4:00-4:45) Rookies 2 (4:45-5:30) Leah/Ellie Breakers (5:00-6:00) Julia Waves 2 (5:30-6:30) Leah/Ellie	Performance (4:00-5:30) Emma Senior Mavs (5:00-6:30) Emilia/Sofiya Mavs Prov (5:30-6:45) Abby Jaws (6:30-7:30) Robyn SWINDELLS Waves 1 (5:30-6:30) Cora/Rylee	Performance (4:00-6:00) Emma Mavs Dev. (4:00-5:00) Abby Mavs Prov. (5:00-6:00) Abby Rogues (4:00-5:00) Robyn Jaws (5:00-6:00) Robyn	SUNDAY AM Mavs Dev. (8:00-9:30) Abby SWINDELLS Waves 2 (8:00-9:00) Leah/Ellie Rookies 1 (9:00-9:30) Rookies 2 (9:30-10:00) Leah/Ellie