

Clovis Swim Club
2025 Senior Practice Schedule
Effective 11/3/25

Senior Groups				
Senior East	M/W/F AM	Clovis East	5:15-7:00am	Kacy O / Jackson C
	Mon / Wed PM Swim only	Clovis East	4:15-5:45pm	
	Tue / Thu PM Swim + DL	Clovis East	4:15-7:00pm	
Senior Silver	M/T/Th PM Swim + DL	Clovis North	4:15-7:00pm	Korrie T
	Wed PM Swim only	Clovis North	4:15-6:15pm	
	Fri AM	Clovis West	5:15-7:15am	
Senior Gold	M/T/Th AM	Clovis West	5:15-7:15am	Mark B / Brooklyn W
	Fri AM	Clovis West	5:15-7:15am	
	Wed PM Swim only	Clovis North	4:15-6:15pm	
	M/T/Th PM Swim + DL	Clovis North	4:15-7:00pm	
All Senior Groups	Sat	Clovis North	7:00-10:00am	Senior Group Staff

“DL” indicates dryland. Dryland site (weight rooms, fitness centers, etc) will be communicated on GroupMe and at practice following the swim practice. Athletes who are participating with a site based aquatics PE class may skip dryland as long as there is advanced communication between the athlete and the coach.

Temporary practice changes will be communicated through the Weekly Notes, email, and text updates

Practice expectations for SRS and Senior East: Minimum of 6 practices per week. SRS swimmers are allowed to attend SRG morning practices by invitation or by request of the athlete (approved by the coach)

Practice expectations for SRG: Athletes are expected to follow their individual practice assignments, with no exception, unless communicated between the athlete and the coach prior to adjusted schedule. Individual practice assignments have been communicated through GroupMe. The absolute minimum number of practices any member of SRG should attend is SEVEN (7) per week.

Athletes are responsible for bringing all of their equipment to practice each day, including the following:

- Paddles (TYR Catalyst paddles)
- Fins (TYR Hydroblade fins preferred)
- Kick board
- Front mounted snorkel (TYR brand is preferred)
- Pull buoy
- WATER BOTTLE
- Dryland: workout clothes / athletic shoes

If you have questions, please contact our office (327-9233) or email Coach Mark:
coachmark76@gmail.com