

SRS/SRG GROUPS

September

2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1	Sept 1 NO PRACTICE HAPPY LABOR DAY!	2 SE @ CE, 5:15-7:15am SRG & SRS @ BHS, 5:15-7:15am SRG & SRS @ CW, 5:15-7:15pm (DL @ OTC + Swim) SE @ CE, 5:45-7:00pm (DL only @ Fitness center)	3 SE @ CE, 5:15-7:15am SRG & SRS @ CW, 5:15-7:15am	4 SE @ CE, 5:15-7:15am SRG & SRS @ BHS, 5:15-7:15am SRG & SRS @ CW, 5:15-7:15pm (DL @ OTC + Swim) SE @ CE, 5:45-7:00pm (DL only @ Fitness center)	5 SE @ CE, 5:15-7:15am SRG & SRS @ BHS, 5:15-7:15am	6/7 No Practice @ Saturday, Sept 6
	notes					
2	8 SE @ CE, 5:15-7:15am SRG & SRS @ BHS, 5:15-7:15am SRG & SRS @ CW, 5:15-7:15pm (DL @ OTC + Swim) SE @ CE, 5:45-7:00pm (DL only @ Fitness center)	9 SE @ CE, 5:15-7:15am SRG & SRS @ BHS, 5:15-7:15am SRG & SRS @ BHS, 4:30-6:45pm (swim first, DL after) SE @ CE, 5:45-7:00pm (DL only @ Fitness center)	10 SE @ CE, 5:15-7:15am SRG & SRS @ CW, 5:15-7:15am	11 SE @ CE, 5:15-7:15am SRG & SRS @ BHS, 5:15-7:15am SRG & SRS @ CN, 4:30-6:45pm (swim first, DL after) SE @ CE, 5:45-7:00pm (DL only @ Fitness center)	12 SE @ CE, 5:15-7:15am SRG & SRS @ BHS, 5:15-7:15am SPECIAL: PHYSIOLOGY TALK W/DR JOSH, 4:00-6:00pm (online)	13/14 Saturday Practice @ CN, 7:00-10:00am Fitter Faster Clinic @ CN. Sign up ahead of time.
	Notes		Sign up deadline for Santa Maria team travel			
3	15 SE @ CE, 5:15-7:15am SRG & SRS @ BHS, 5:15-7:15am SRG & SRS @ CW, 5:15-7:15pm (DL @ OTC + Swim) SE @ CE, 5:45-7:00pm (DL only @ Fitness center)	16 SE @ CE, 5:15-7:15am SRG & SRS @ BHS, 5:15-7:15am SRG & SRS @ CW, 5:15-7:15pm (DL @ OTC + Swim) SE @ CE, 5:45-7:00pm (DL only @ Fitness center)	17 SE @ CE, 5:15-7:15am SRG & SRS @ CW, 4:30-6:30pm	18 SE @ CE, 5:15-7:15am SRG & SRS @ BHS, 5:15-7:15am SRG & SRS @ CW, 5:15-7:15pm (DL @ OTC + Swim) SE @ CE, 5:45-7:00pm (DL only @ Fitness center)	19 SE @ CE, 5:15-7:15am SRG & SRS @ BHS, 5:15-7:15am	20/21 Saturday Practice @ CW, 6:30-8:00am Team Pics @ 8:30am Hogwarts Meet @ CW, 9:00-Noon (Senior Groups mentor younger swimmers)
	notes		Sign up deadline for CLOV Fall Classic			