

Gold/Platinum Practice Schedule August 4-October 11, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold	DL 4:30-5:15pm Swim 5:15-6:45pm	5-6:30pm*	DL 4:30-5:15pm Swim 5:15-6:45pm		5-6:30pm	7-9am
Platinum	5-7pm	DL 6-7:30am 5-7pm*	5-7pm	DL 6-7:30am	5-6:30pm	7-9am

***These practices will still take place at Central Clemson Rec Center**