

ELLENSBURG AREA SWIM TEAM – FALL 2025

SCHOOL YEAR PRACTICE SCHEDULE

TRAINING GROUPS	DAYS	PRACTICE TIMES
GOLD/SENIOR: 13 & Over Goal: Sectionals/Zones/Nationals Focus: Refinement & High-Level Competition	TUE/THU MON-THU FRI TUE/THU	Morning: 5:30-7:00 AM (>11/14) Swim: 2:40-4:15 PM Swim: 2:40-3:30/Meeting: 3:30-4:30 PM Dryland: 4:15-5:00 PM
SILVER 2: 11 & Over Goal: AG Champs/AG Regionals /AG Zones Focus: Technique & Competition Improvement	MON-THU FRI MON/WED	Swim: 2:40-4:00 PM Swim: 2:40-3:30/Meeting: 3:30-4:30 PM Dryland: 4:00-4:30 PM
SILVER 1: 9 & Over Goal: IES Champs/AG Regionals Focus: Technique & Competition Improvement	TUE/THU MON-THU	Dryland: 4:00-4:15 PM Swim: 4:15-5:30 PM
BRONZE: 12 & Under Developmental Goal: Improvement of Competitive Strokes & Skills Focus: Stroke & Speed Improvement	TUE/THU MON/WED	Bronze 1: 3:50-4:45 PM Bronze 2: 4:35-5:30 PM
PRE-COMP: 10 & Under Developmental Goal: Introduction to Competitive Strokes & Skills Focus: Stroke Improvement	MON/WED TUE/THU	Pre-Comp 1: 3:50-4:45 PM Pre-Comp 2: 4:35-5:30 PM
MASTERS: 18 & Over (Member - USMS)	TUE/THU MON/WED/FRI	Morning: 7:00-8:00 AM Morning: 6:00-7:30 AM (>11-14)

EVENTS/ACTIVITIES: ALL TEAM PRACTICE (All Groups Practice @ 3:30-4:30): All Team Practices will be held on the last Thursday of each month for meetings and team building activities. Check the EAST calendar for additional team meetings or All Team Practices. Please plan ahead to attend these special practices, as they are important for team building and swimmer recognition. As additional practice changes and/or team activities are added or modified an email will be sent out & posted to the website.

FALL MEET SCHEDULE

SEP	8	Fall Practices Begin				
	14	EAST Banquet	TBA @ 3:00 PM			Team Effort
	27-28	Cougar Fall Fury (Cougar)	Pullman - WSU	SC-Open		
OCT	25-26	Very Scary	Wenatchee - WHS	SC-Open	AG	Team Effort
NOV	10/31-11/1	Girls HS Districts	TBD	SC-STS	HS	
	15-16	Thankswimming Open (MRA)	Moses Lake - MLHS	SC-Open	AG	Team Effort
	15-16	Girls HS State	Federal Way - KCAC	SC-STS	HS	
	21-23	Adam England Fall Splash (CAST)	Coeur d'Alene, ID - KROC	SC-Open	AG	
DEC	3-6	Toyota/USA Swimming US Open	Austin, TX	SC-STS	SR	
	6-7	Christmas Open (VS)	Moses Lake - MLHS	SC-Open	AG	Team Effort
	10-13	USA Swimming Junior Nationals	TBD-Multiple Sites	SC-STS	AG	
	18-21	WA State Senior Champs	Federal Way - KCAC	SC-STS	SR	
	12/22-1/2	Christmas Break Schedule				

LEGEND: SC/LC (Short Course Yards or Long Course Meters), Open (All Swimmers), STS (Special Time Standards)
AG (Age-Group Designations), SR (Senior - No Designations)
Team Effort (Participation is Encouraged by all eligible EAST Swimmers)

COMMITMENT TO EXCELLENCE IN SWIMMING - SUCCESS BY CHOICE - NOT CHANCE

www.eastswim.org * Head Coach, Candi Eslinger * sling-candi@charter.net * 509-306-9116