

ELLENSBURG AREA SWIM TEAM

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: 10 & 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 @ 4:00-5:30 PM): All Team Practices will be held on special Thursdays throughout the school year for meetings and team building activities. Please plan ahead to attend these special practices, as they are important for team building and swimmer recognition. All changes and/or additions to the practice schedule will be emailed & posted to the team website. (Summer All Team Practice – TBD)

SUMMER PRACTICE SCHEDULE (Tentative)

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

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

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