



2023-2024 SCY Practice Schedule

Week of 11/20 - Thanksgiving

This practice schedule is subject to change

	11/20 Monday	11/21 Tuesday	11/22 Wednesday	11/23 Thursday	11/24 Friday	11/25 Saturday	11/26 Sunday	
10U-Dev	5:00p-6:10p Training Pool (2-8)	6:00p-7:30p Training Pool (2-8)	11:15a-12:30p West Pool (3-8)	NO PRACTICE HAPPY THANKSGIVING	NO PRACTICE	11:15a-12:30p West Pool (3-8)	No Practice	
10U-Adv	6:15p-7:45p Training Pool (2-8)	6:00p-7:30p Training Pool (2-8)	11:15a-12:50p West Pool (1-5)			11:15a-12:50p West Pool (1-5)	No Practice	
11-12 (Blue Group) Pierre's Group	6:10p-7:50p East Pool (1-4)	6:10p-7:50p East Pool (1-4)	10:00a-11:45a Training Pool (1-5)			10:00a-11:45a East Pool (1-5)	No Practice	
11-12 (Red Group) John's Group	6:10p-7:50p East Pool (6-11)	6:10p-7:50p East Pool (6-11)	10:00a-11:45a East Pool (6-11)			10:00a-11:45a East Pool (6-11)	No Practice	
13-14 (Dryland)	5:20p-6:00p FMC Dryland		8:30a-9:10a FMC Dryland				8:30a-9:10a FMC Dryland	No Practice
13-14 (Swim)	6:10p-8:00p West Pool (1-9)	6:10p-8:00p West Pool (1-9)	9:20a-11:10a West Pool (1-7)			9:00a-11:00a West Pool (1-7)	9:20a-11:10a West Pool (1-7)	No Practice
Senior (Dryland)		6:20p-7:10p FMC-Dryland	9:30a-10:20a FMC-Dryland				9:30a-10:20a FMC-Dryland	No Practice
Senior (Swim)	4:20p-6:10p East Pool (6-11)	4:20p-6:10p West Pool (1-7)	7:15a-9:15a West Pool (1-7)			9:00a-11:00a East Pool (1-11)	7:15a-9:15a West Pool (1-7)	No Practice
National (Dryland)		5:20a-6:45a FMC-Dryland	10:10a-11:30a FMC-Dryland				10:10a-11:30a FMC-Dryland	No Practice
National (Swim)	4:10p-6:10p West Pool (1-9)	4:10p-6:10p East Pool (6-11)	7:45a-10:00a East Pool (6-11)			9:00a-11:00a East Pool (1-11)	7:45a-10:00a East Pool (6-11)	No Practice

FMC Natatorium
 Training Pool
 East Competition Pool
 West Competition Pool

All Practices are held at FMC Natatorium

All Swimmers must bring the required equipment items to practice everyday.

Athletes should be on deck 10 min prior to practice sessions. Some practices may be canceled when there is a meet.

8 & unders should attend 3 out of 4 practices and 9-10 should attend 4 out of the 5 practices

The Short Course season begins as follows, and ends 2/27/24**:

National Group: Monday, 8/28/23

13/14 & Senior Group: Tuesday, 9/5/23

Age Group (11/12, 10U): Wednesday 9/6/23