



## 2024 LC Summer Practice Schedule

### 6/5 - 7/31

NOTE: Regular Season ends Thursday 7/11/24

*This practice schedule is subject to change*

|  | Monday                                       | Tuesday   | Wednesday                                       | Thursday  | Friday                              | Saturday                       | Sunday                |
|--|--|---|---|---|-------------------------------------|--------------------------------|-----------------------|
| <b>10 &amp; Under Prep</b>                   | 5:00p-6:10p<br>Training/Comp                 |   | 5:00p-6:10p<br>Training Pool                    |   | 5:00p-6:10p<br>Training/Comp        | 10:30a-12:00p<br>Training Pool |                       |
| <b>10 &amp; Under</b>                        | 6:15p-7:45p<br>Training/Comp<br>1-4          |   | 6:15p-7:45p<br>Training Pool                    | 6:15p-7:45p<br>Training Pool                    | 6:15p-7:45p<br>Training/Comp<br>1-4 | 10:30a-12:00p<br>Training Pool |                       |
| <b>Competition Pool (LC)</b>                 |  |   |   |   |                                     |                                |                       |
| <b>11-12 (Blue Group)<br/>Pierre's Group</b> | 6:00p-7:45p<br>(7-8)                         | 6:00p-7:45p<br>(7-8)                            | 6:00p-7:45p<br>(7-8)                            | 6:00p-7:45p<br>(7-8)                            | 6:00p-7:45p<br>(7-8)                | 10:30-12:15p<br>(7-8)          |                       |
| <b>11-12 (Red Group)<br/>John's Group</b>    | 6:00p-7:45p<br>(5-6)                         | 6:00p-7:45p<br>(5-6)                            | 6:00p-7:45p<br>(5-6)                            | 6:00p-7:45p<br>(5-6)                            | 6:00p-7:45p<br>(5-6)                | 10:30-12:15p<br>(5-6)          |                       |
| <b>Senior Prep (Dryland)</b>                 |  | 4:45p-5:20p                                     | 4:45p-5:20p                                     | 4:45p-5:20p                                     |                                     |                                |                       |
| <b>Senior Prep (Swim)</b>                    | 10:30a - 12:30p<br>(1-4)                     | 10:30a-12:30p<br>(1-4)<br>5:30p-7:00p<br>(1-4)  | 10:30a-12:30p<br>(1-4)<br>5:30p-7:00p<br>(1-4)  | 10:30a-12:30p<br>(1-4)<br>5:30p-7:00p<br>(1-4)  | 10:30a - 12:30a<br>(1-4)            | 10:30a - 12:30p<br>(1-4)       |                       |
| <b>Senior (Dryland)</b>                      |  | 7:30a-8:20a                                     | 7:30a-8:20a                                     | 7:30a-8:20a                                     |                                     |                                |                       |
| <b>Senior (Swim)</b>                         | 8:30a-10:30a<br>(1-4)                        | 8:30a - 10:30a<br>(1-4)<br>5:30p-7:00p<br>(1-4) | 8:30a - 10:30a<br>(1-4)<br>5:30p-7:00p<br>(1-4) | 8:30a - 10:30a<br>(1-4)<br>5:30p-7:00p<br>(1-4) | 8:30a-10:30a<br>(1-4)               | 8:30a-10:30a<br>(1-4)          |                       |
| <b>National (Dryland)</b>                    | 5:30p-6:30p                                  |   | 5:30p-6:30p                                     | 5:30p-6:30p                                     |                                     |                                |                       |
| <b>National (Swim)</b>                       | 6:10a-8:20a<br>(1-9)<br>3:00p-5:15p<br>(1-8) | 6:10a-8:20a<br>(1-9)                            | 3:00p-5:15p<br>(1-8)                            | 6:10a-8:20a<br>(1-9)<br>3:00p-5:15p<br>(1-8)    | 6:10a-8:20a<br>(1-9)                |                                | 7:30a-10:00a<br>(1-8) |

#### FMC Natatorium

Training Pool

East Competition Pool

West Competition Pool

Competition Pool (LC)

**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.

10 & Under Prep should attend 3 out of 4 practices and 10 & Under should attend 4 out of the 5 practices