



2024 LC Summer Practice Schedule

Week of Age Group State 7/15-7/21/24

This practice schedule is subject to change

	Monday 7/15	Tuesday 7/16	Wednesday 7/17	Thursday 7/18	Friday 7/19	Saturday 7/20	Sunday 7/21
	Age Group State @ LWSA						
10 & Under Prep	6:00p-7:10p Training/Comp		6:00p-7:10p Training/Comp				
10 & Under	6:00p-7:30p Training/Comp 1-4	6:00p-7:30p Training/Comp State Qualifiers	6:00p-7:30p Training/Comp 1-4	6:00p-7:15p Training/Comp 1-4			
	Competition Pool (LC)						
11-12 (Blue Group) Pierre's Group	6:00p-7:30p (7-8)	6:00p-7:30p (7-8)	6:00p-7:30p (7-8)	6:00p-7:15p (7-8)			
11-12 (Red Group) John's Group	6:00p-7:30p (5-6)	6:00p-7:30p (5-6)	6:00p-7:30p (5-6)	6:00p-7:15p (5-6)			
Senior Prep (Dryland)			9:30a-10:20a				
Senior Prep (Swim)	10:30a - 12:30p (1-4)	10:30a-12:30p (1-4) 5:30p-7:00p (1-4)	10:30a-12:30p (1-4) 5:30p-7:00p (1-4)	10:30a-12:30p (1-4) 5:30p-7:00p (1-4)			
Senior (Dryland)			10:40a-11:30a				
Senior (Swim)	8:30a-10:30a (1-4)	8:30a - 10:30a (1-4)	8:30a - 10:30a (1-4)	8:30a - 10:30a (1-4)	8:30a-10:30a (1-4)	7:30a-9:30a (1-4)	
National (Dryland)							
National (Swim)	6:40a-8:25a (1-9) 3:00p-5:00p (1-8)	6:10a-8:20a (1-9)	3:00p-5:15p (1-8)	6:40a-8:25a (1-9) 3:00p-5:15p (1-8)	6:40a-8:25a (1-9)		8:15a-10:00a (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