

THANKSGIVING WEEK PRACTICE SCHEDULE 2025

NU WAVE High Performance Groups

Monday, November 24- Saturday, November 29

MONDAY	SENIOR/NATIONAL	4:00-6:00 PM	UNO
	SENIOR-PREP	4:15-6:30 PM (Dry-land)	UNO
	CYCLONE	4:15-5:45 PM (Swim only)	NEWMAN
	TIDAL WAVE	5:00-6:45 PM (Swim + Dry-land)	NEWMAN

TUESDAY	NATIONAL	5:30-7:00 AM	NEWMAN
	SENIOR/NATIONAL	4:00-6:45 PM (Dry-land)	UNO
	SENIOR-PREP	4:15-6:00 PM	UNO
	CYCLONE	4:15-6:15 PM (Swim + Dry-land)	NEWMAN
	TIDAL WAVE	5:30-6:45 PM (Swim only)	NEWMAN

WEDNESDAY ALL GROUPS HAPPY THANKSGIVING OFF!

THURSDAY ALL GROUPS HAPPY THANKSGIVING OFF!

FRIDAY	SENIOR/NATIONAL	8:00-10:45 AM (Dry-land)	UNO
	SENIOR-PREP	8:00-10:40 AM (Dry-land)	UNO
	CYCLONE	8:00-10:00 AM (Swim + Dry-land)	UNO
	TIDAL WAVE	8:00-9:30 AM (Swim only)	NEWMAN

SATURDAY	SENIOR/NATIONAL	8:00-10:45 AM (Dry-land)	UNO
	SENIOR-PREP	8:00-10:40 AM (Dry-land)	UNO
	CYCLONE	8:00-10:00 AM (Swim + Dry-land)	UNO
	TIDAL WAVE	8:00-9:30 AM (Swim only)	NEWMAN

