

Newman High Performance and Seasonal Summer Practice Schedule

Beginning Tuesday, May 27, 2025

Cyclone	Days	Time	Location
	Mon-Wed-Fri	4:00 – 5:30 pm	Newman
	Mon-Wed-Fri	5:40 – 6:00 pm (dryland)	Newman
	Tues-Thurs	4:30 - 6:00 pm	UNO
	Sat	8:00 – 9:30 am	UNO

Tidal Wave	Days	Time	Location
	Mon-Wed	5:30 – 6:45 pm	Newman
	Tues –Thurs - Fri	4:15 – 5:30 pm	Newman
	Tues – Thurs	5:40 – 6:00 pm (dryland)	Newman
	Sat	8:00 – 9:30 am	UNO

Seasonal	Days	Time	Location
Stroke School	Tues – Thurs - Fri*	5:45 – 6:30 pm	Newman
Riptide 1 & 2 (combined)	Tues - Thurs	5:30 – 6:30 pm	Newman
Whitecaps 1 & 2 (combined)	Mon – Wed - Fri	5:30 - 6:30 pm	Newman
Varsity	Tues – Thurs	6:30 – 7:45 pm	Newman
	Fri	5:30 – 6:45 pm	Newman
Adv Varsity	Mon-Wed	4:00 – 5:30 pm	Newman
	Fri	5:30 – 7:00 pm	Newman
	Sat	8:00 – 9:30 am	UNO

The Friday Class of Stroke School is Advanced Stroke School

