

2022-2023 Fall-Winter Practice Schedule

Updated January 12, 2023

January 2-March 10, 2023

Derry Township Community Center

Senior Group	3:00-5:00pm	Monday-Thursday	Swim
	3:00-4:30pm	Friday	Swim
	7:00-9:00am	Saturday	Swim
	6:00-7:00am	Mon/Wed or Tue/Fri	Dry Land @ HHS (Only HHS Students)
Pre Senior	4:15-4:50pm	Mon & Wed	Dry Land
	5:00-6:30pm	Monday-Thursday	Swim
	4:30-5:45pm	Friday	Swim
	9:00-10:30am	Saturday	Swim (12yrs and older)
Age Group Gold	6:00-6:20pm	Tues & Thur	Dry Land
	6:30-7:45pm	Monday-Thursday	Swim

January 2-March 10, 2023

VISTA School Pool

Age Group Bronze	5:30-6:30pm	Monday/Wednesday OR Tuesday/Thursday
	5:45-6:30pm	Friday (Alternating weeks w/ AG-Silver) @ DTCC Jan. 6, 20, Feb. 10, 24

March 9 Last Day of Practice . Will Resume May 1, 2023

Age Group Silver	6:30-7:30pm	Monday through Thursday
	5:45-6:30pm	Friday (Alternating weeks w/ AG-Bronze) @ DTCC Jan.13, 27, Feb. 17, Mar. 3

Practice Cancellations or Change

Sat., Jan. 14	No Practice	Sat., Mar 4	Senior Canceled (Districts) Pre-Sr Canceled
Tues., Jan. 17	Senior practice canceled HHS Home Vs Governor Mifflin AG-Gold practice 6:30-7:45	Sat., Mar. 10	Senior Canceled (10&U Champs) Pre-Sr Canceled (10&U Champs)
Thur., Jan. 19	Senior practice canceled HHS away at Muhlenberg	All Practices at DTCC ~ Subject to being altered	
Tues., Jan. 24	SR & Pre Sr practice canceled. HHS Home Vs Chambersburg AG-Gold practice 6:30-7:45	March 13-18	3:00-4:30 Senior 4:30-6:00 Pre Senior 5:00-6:00 AG-G Silver Champs
Sat., Jan. 24	Pre-Sr Practice Canceled (KA Meet)	March 20-24	3:00-4:30 Senior 4:30-6:00 Pre Senior 5:00-6:00 Ag-G Silver Champs
Tues., Jan. 31	SR & AG-Gold practice canceled HHS Home Vs Carlisle Pre Senior practice 6:30-7:45	March 27-30	3:00-4:30 Senior 4:30-6:00 Pre Senior 5:00-6:00 Ag-G Silver Champs
Tues., Feb. 7	All practices canceled HHS Home Vs Wilson	HAC Tryout Assessment	
Fri., Feb. 10	Senior Canceled (MPC)	March 26-31	M/W or T/R 5:45-6:30 Must attend two 45 minute sessions \$25 Fee
Sat., Feb. 11	Senior Canceled (MPC) Pre-Sr Canceled	Developmental Swim Program	
Sat., Feb. 25	Pre-Sr Canceled (KA Meet)	April 10-27	M/W or T/R 4:45-5:30
Fri., Mar. 3	Senior Canceled (Districts)		



November 1-December 23, 2022 Derry Township Community Center

Senior Group	3:00-5:00pm	Monday-Thursday	Swim
	3:00-4:30pm	Friday	Swim
	7:00-9:00am	Saturday	Swim
	6:00-7:00am	Mon/Wed or Tue/Fri	Dry Land @ HHS (Only HHS Students)
Pre Senior	4:15-4:50pm	Mon & Wed	Dry Land
	5:00-6:30pm	Monday-Thursday	Swim
	4:30-5:45pm	Friday	Swim
	9:00-10:30am	Saturday	Swim (12yrs and older)
Age Group Gold	6:00-6:20pm	Tues & Thur	Dry Land
	6:30-7:45pm	Monday-Thursday	Swim

November 1-December 23, 2022 VISTA School Pool

Age Group Bronze	5:30-6:30pm	Monday/Wednesday OR Tuesday/Thursday
	5:45-6:30pm	Friday (Alternating weeks w/ AG-Silver) @ DTCC Nov. 4, 18, & Dec. 16, Jan. 6, 20, Feb. 10, 24
Age Group Silver	6:30-7:30pm	Monday through Thursday
	5:45-6:30pm	Friday (Alternating weeks w/ AG-Bronze) @ DTCC Oct. 28, Nov. 11, 25, & Dec. 23, Jan. 13, 27, Feb. 17, Mar. 3

Practice Cancellations or Changes

Mon, Oct. 31	Derry Twp Trick or Treat Night DTCC 3:00-4:30 Senior 4:30-5:30 Pre Senior VISTA All practices canceled	Tues., Jan 3	All Practices Canceled HHS Home Vs Central Dauphin
Sat., Nov. 19	KA Thanksgiving Meet DTCC All practices canceled	Tues., Jan 10	SR & AG-Gold practices canceled HHS Home Vs State College Pre Senior practice 6:30-7:45
Thur., Nov. 24	Thanksgiving Day DTCC All practices canceled VISTA All practices canceled	Tues., Jan 17	Senior practice canceled HHS Home Vs Governor Mifflin AG-Gold practice 6:30-7:45
Fri., Dec. 2	HAC Frosty Frolic DTCC 3:00-4:15 Senior All other practices canceled	Thur., Jan 19	Senior practice canceled HHS away at Muhlenberg
Sat, Dec. 3	DTCC All practices canceled	Tues., Jan 24	SR & Pre Sr practice canceled. HHS Home Vs Chambersburg AG-Gold practice 6:30-7:45
Dec. 9-10	Club Mountaineer Invite DTCC All practices canceled.	Tues., Jan 31	SR & AG-Gold practice canceled HHS Home Vs Carlisle Pre Senior practice 6:30-7:45
Tues., Dec. 13	Senior practice Canceled HHS Away @ Mifflin County	Tues., Feb 7	All practices canceled HHS Home Vs Wilson
Tues., Dec. 20	SR & Pre Sr Practice Canceled HHS Home Vs Cumberland Valley AG-Gold Practice 6:30-7:45		
Mon., Dec. 26	VISTA All practices canceled.		

October 3-31, 2022

Derry Township Community Center



Senior Group	3:00-5:00pm	Monday-Thursday	Swim
	3:00-4:30pm	Friday	Swim
	7:00-9:00am	Saturday	Swim
	6:00-7:00am	Mon/Wed or Tue/Fri	Dry Land @ HHS (Only HHS Students)
Pre Senior	4:15-4:50pm	Mon & Wed	Dry Land
	5:00-6:30pm	Monday-Thursday	Swim
	4:30-5:45pm	Friday	Swim
	9:00-10:30am	Saturday	Swim (12yrs and older)
Age Group Gold	6:00-6:20pm	Tues & Thur	Dry Land
	6:30-7:45pm	Monday-Thursday	Swim
Age Group Bronze	5:15-6:15pm	Monday/Wednesday OR Tuesday/Thursday	
	5:45-6:30pm	Friday (Alternating weeks w/ AG-Silver) @ DTCC	
		Oct. 7, 21, Nov. 4, 18, & Dec. 16	
Age Group Silver	6:15-7:15pm	Monday through Thursday	
	5:45-6:30pm	Friday (Alternating weeks w/ AG-Bronze) @ DTCC	
		Oct. 14, 28, Nov. 11, 25, & Dec. 23	

Practice Cancellations or Changes

Mon, Oct. 3	Breaststroke 4 Breast Cancer	DTCC 3:00-4:15 Senior	
	DTCC 3:00-4:45 Senior		All other practices canceled
	5:00-6:15 Pre Sr & AG-G	Sat, Dec. 3	DTCC All practices canceled
	6:30-7:30 AG-B & AG-S	Dec. 9-10	Club Mountaineer Invite
Wed., Oct. 19	Derry Township Halloween Parade		DTCC All practices canceled.
	DTCC 3:00-4:30 Senior		
	All other practices canceled	Tues., Dec. 13	Senior practice Canceled
Mon, Oct. 31	Derry Twp Trick or Treat Night		HHS Away @ Mifflin County
	DTCC 3:00-4:30 Senior		
	4:30-5:30 Pre Senior	Tues., Dec. 20	SR & Pre Sr Practice Canceled
	VISTA All practices canceled		HHS Home Vs Cumberland Valley
			DTTC AG-Gold 6:30-7:45
Sat., Nov. 19	KA Thanksgiving Meet	Mon., Dec. 26	VISTA All practices Canceled.
	DTCC All practices canceled		
Thur., Nov. 24	Thanksgiving Day		
	DTCC All practices canceled		
	VISTA All practices canceled		
Fri., Dec. 2	HAC Frosty Frolic		

September 12-October 1 @ Derry Township Community Center



Senior Group	3:00-4:45pm	Monday-Thursday	Swim
	3:00-4:30pm	Friday	Swim
	7:00-9:00am	Saturday	Swim
	6:00-7:00am	Mon/Thur (Girls) Tue/Fri (Boys)	Dry Land @ HHS

Only HHS Students may attend

Pre Competitive Program	4:45-5:30pm	Monday & Wednesday
	4:45-5:30pm	Tuesday & Thursday

Pre Senior	5:30-6:30pm	Monday-Thursday
	4:30-5:45pm	Friday
	9:10-10:30am	Saturday (12yrs and older)

September 12-October 1 @ VISTA School of Hershey

Age Group Bronze	5:30-6:30pm	Monday & Wednesday <u>OR</u>
	6:30-7:30pm	Tuesday & Thursday
	5:45-6:30pm	Friday (Alternating weeks w/ AG-Gold) @ DTCC

9-23, ~~10-7, 10-21, 11-4, 11-18~~

Age Group Silver	5:30-6:30pm	Monday & Wednesday
	6:30-7:30pm	Tuesday & Thursday
	5:45-6:30pm	Friday (Alternating weeks w/ AG-Gold) @ DTCC

9-23, ~~10-7, 10-21, 11-4, 11-18~~

Age Group Gold	6:30-7:30pm	Monday & Wednesday
	5:30-6:30pm	Tuesday & Thursday
	5:45-6:30pm	Friday (Alternating weeks w/ AG-B & AG-S)

9-16, 9-30, ~~10-14, 10-28, 11-11~~

Swim Practice Group Placement “Guidelines”



Each practice group will be provided with 4 Lanes with a maximum of 24 in each group w/ the exception of the Senior Group. Practice groups will be determined by the criteria listed below. **The [time standard](#) age used will be as of September 1.** The Head Coach determines all group placements along with recommendations from the group coach. The following are guidelines

Pre Competitive Developmental Swim Program:

- Participants entering grades K-5 may participate
- Must be able to complete one 25 yard length of the pool unassisted.
- Must be independent from parents and comfortable in the water.
- Session will consist of approximately 24 swimmers

Age Group Bronze:

- Swimmers entering Grades PK-4 (5years and older)
- Swimmer must have demonstrated a level of comfort and ability to complete multiple lengths of freestyle and backstroke.
- The practice group with no more than 20 participants.

Age Group Silver

- Swimmer entering Grades 1-5 (6years and older)
- Swimmer must have demonstrated the ability to listen in a large group setting.
- Swimmers must be able to swim repetitive 25s and 50s demonstrating proper techniques in freestyle, backstroke, and either butterfly or breaststroke.
- The practice group will consist of approximately 24 swimmers.

Age Group Gold

- Swimmer entering Grades 4-8
- [Silver Champ times](#) 9-10 at least 3, 11-12 at least 2, 13-14 at least 2
- Swimmer must have demonstrated the ability to listen in a large group setting.
- Swimmers must be able to swim repetitive 50s and 100s demonstrating proper techniques in all four strokes (Butterfly, Backstroke, Breaststroke, and Freestyle)
- The practice group will consist of approximately 30 swimmers.

Pre Senior Group

- Swimmers grades 6-8
- [Silver Champ Times](#) 11-12 at least 3, 13-14 at least 2
- Swimmer has already demonstrated understanding of interval training while staying on task.
- Practice group will consist of approximately 20 swimmers

Senior

- Swimmers entering grades 9-12
- Achieve the following time standards:
 - 14yo (Freshmen) at least 3 [MA Silver Champ Times](#)
 - 15&Over at least 2 [MA Silver Champ Times](#)
- Swimmers will have completed or are currently finishing their first year of high school.

Practice group placement is at the discretion of the coaching staff . Group placement is based on the needs and ability of the individual. As each group's development improves, the more challenging it will become. Group placement is not a matter of convenience

