



Practice Schedule 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Elite	NO AM	NO AM	5:30-6:30 AM	NO AM	5:30-6:30 AM	7:00-9:00 AM
		5:10-5:40 Dry-Land	3:30-4:00 Yoga	5:10-5:40 Dry-Land		
	3:30-5:30 Swim	3:30-5:00 Swim	4:00-6:00 Swim	3:30-5:00 Swim	3:30-5:00 Swim	
Senior		6:00-6:30 Dry-land		5:30-6:00 Yoga		
	5:30-6:45 Swim	6:30-8:00 Swim		6:00-7:30 Swim		9:00-10:30
Junior		5:30-6:30	6:00-7:30		5:00-6:15	10:30-11:45
Mini	6:45-7:45			5:00-6:00	6:15-7:30	

****Elite morning practices will not start week one. After talking with the Elite Group, we will decide who is interested and committed towards swimming in the AM. This option could vary week to week depending on where we are in each training cycle throughout the course of the season.**



Meets and Team Events

Date	Meet	Location	Ages
October 11	WA Run/Swim	Westtown	All Groups
October 25&26	Closed Invite	Malvern	All Groups
TBD	Team Picture Day	Westtown	All Groups
November 1	Katie Hoff Swim Clinic	Westtown	All Groups
November 16	DSA Mini Meet	University of Delaware	8&U
November 7-9	WSY Thanksgiving Invite	Cumberland Valley HS	ABBC (9&O)
December 12-15	Arena Cup (P/F)	Franklin and Marshall	Qualifying
December 19-21	Holiday Meet (P/F)	WCU	BB/C (All)
January 10&11	BHA & DSA Meet	University of Delaware	ABBC (9&O)
January 11	MSA Mini Meet	Malvern	8&U
February 22-23	BWA Invite (P/F)	Kroc Center, NJ	All Groups
March	10&U Champs	TBD	Qualifying
March	Junior Champs	TBD	Qualifying
March	Senior Champs	TBD	Qualifying
March	Silver Champs	TBD	Qualifying