

STAR FALL/WINTER PRACTICE SCHEDULE 2023-2024

September 11, 2023 – November 30, 2023

Please pay attention to the notes at the bottom

<u>GROUP</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SUNDAY</u>
MASTERS	6:00 - 7:00 AM CP	5:30 - 6:30 AM HU	6:00 – 7:00 AM CP	5:30 - 6:30 AM HU	6:00 – 7:00 AM CP	7:00 - 8:30 AM HU *
STROKER Max 3 per week	6:00 - 7:15 PM CP		6:00 -7:15 PM CP		6:00 – 7:15 PM CP	
AGE GROUP Max 4 per week	6:00 - 7:30 PM CP	6:00 - 7:30 PM CP	6:00 - 7:30 PM CP	6:00 - 7:30 PM CP		
JUNIOR/SENIOR May use Masters to make up practices	6:00 - 8:00 PM CP	6:00 - 8:00 PM CP	6:00 - 8:00 PM CP	6:00 - 8:00 PM CP	6:00 - 8:00 PM CP	7:00 - 8:30 AM HU*

POOL CODES:

HU = HAMLINE UNIVERSITY, 1536 HEWITT AVE., ST. PAUL

PV = PARKVIEW MIDDLE SCHOOL – 701 COUNTY ROAD B W., ROSEVILLE

CP = COMO PARK SENIOR HIGH – 740 ROSE AVE. W., ST. PAUL

Instructions to enter CP(evening practice): Enter thru door27 on the E side of the school. The door will be shut, so knock loudly & a coach will open. Swimmers can be picked up after practice outside of door 31 (the athletic entrance). Park in front of the school (N of the school) if you choose to watch practice.

***SUNDAY PRACTICES – ONLY ON NON-MEET WEEKENDS**

NO PRACTICE FOR ANY GROUPS: 10/31(Masters Excluded), 11/23, 11/24, 12/25, 1/1, 1/15, 2/19

NO PRACTICE FOR STROKERS AND AGE GROUP: 12/26 – 12/29