



2025 Long Course Season

SUMMER Practice Schedule

Marblehead - LvO

Effective Monday, June 16th

Group	Day	Time	Coach	Dryland
Pre Team	T/Th	5:00pm-6:00pm	Coach Grace, Coach Sue, & Coach Murph	N/A
Bronze	M/W/F	5:00pm-6:00pm	Coach Grace, Coach Sue, & Coach Murph	N/A
Silver	M/T/Th/F	4:45pm-6:00pm	Coach Grace & Coach Murph	N/A
Gold	M/T/W/F Sat.	6:00pm-7:30pm 9:00am-10:30am	Coach Jack & Coach Grace	W 5:15pm-5:50pm Sat. 8:00am-8:45am
Pre Senior	M/T/Th/F W Sat.	6:00pm-8:00pm 5:30pm-7:30pm 7:00am-9:00am	Coach Jack	T/Th 5:00pm-5:50pm Sat. 9:15am-10:15am
Senior	M/T/Th/F W Sat.	6:00pm-8:00pm 5:30pm-7:30pm 7:00am-9:00am	Coach Jack	T/Th 5:00pm-5:50pm Sat. 9:15am-10:15am

Practice @ GBY

Updated 4/28/2025