



# 2025 Long Course Season

## Practice Schedule

### Marblehead - LvO

Effective Tuesday, April 1st

| Group             | Day                      | Time                                                             | Coach                                       | Dryland                                                     |
|-------------------|--------------------------|------------------------------------------------------------------|---------------------------------------------|-------------------------------------------------------------|
| <b>Pre Team</b>   | T/Th                     | 4:00pm-5:00pm                                                    | Coach Grace,<br>Coach Sue, &<br>Coach Murph | N/A                                                         |
| <b>Bronze</b>     | M/W/F                    | 4:00pm-5:00pm                                                    | Coach Grace,<br>Coach Sue, &<br>Coach Murph | N/A                                                         |
| <b>Silver</b>     | M/T/Th/F                 | 5:00pm-6:15pm                                                    | Coach Grace,<br>Coach Sue, &<br>Coach Murph | N/A                                                         |
| <b>Gold</b>       | M/T/F<br>W<br>Sat.       | 5:45pm-7:15pm<br>5:00pm-6:30pm<br>9:00am-10:30am                 | Coach Jack<br>&<br>Coach Grace              | M 7:15pm-8:00pm<br>W 6:30pm-7:15pm<br>Sat.<br>8:00am-8:45am |
| <b>Pre Senior</b> | M/F<br>W<br>T/Th<br>Sat. | 3:45pm-5:45pm<br>5:30pm-7:30pm<br>4:00pm-5:45pm<br>7:00am-9:00am | Coach Jack                                  | T/Th<br>3:00pm-3:50pm<br>Sat.<br>9:15am-10:15am             |
| <b>Senior</b>     | M/F<br>W<br>T/Th<br>Sat. | 3:45pm-5:45pm<br>5:30pm-7:30pm<br>4:00pm-5:45pm<br>7:00am-9:00am | Coach Jack                                  | T/Th<br>3:00pm-3:50pm<br>Sat.<br>9:15am-10:15am             |

**Practice @ GBY**

Updated 3/18/2025