

2023 BAC PRACTICE SCHEDULE

POOL PRACTICE								
GROUP		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PODS								
SENIOR SQUAD	8th - 12th Grade	3:30 - 5:15pm	3:30 - 5:15pm	3:30 - 5:15pm	3:30 - 5:00pm	5:00 - 7:00pm	10:00am - 1:00pm	TBD
JUNIOR SQUAD	5th - 12th Grade	7:15 - 8:45pm	7:15 - 8:45pm	7:15 - 8:45pm	8:00 - 9:30pm	TBD	10:00 - 11:30am	12:00 - 1:30pm
AGE GROUP DEVELOPMENT 1	2nd - 7th Grade	4:00 - 5:00pm		4:00 - 5:00pm		See Friday Sched	CLINICS	See Sunday Sched
AGE GROUP DEVELOPMENT 2	2nd - 7th Grade		4:00 - 5:00pm		4:00 - 5:00pm	See Friday Sched	CLINICS	See Sunday Sched
AGE GROUP DEVELOPMENT 3	2nd - 7th Grade	5:00 - 6:00pm		5:00 - 6:00pm		See Friday Sched	CLINICS	See Sunday Sched
AGE GROUP PERFORMANCE 1	4th - 10th Grade	6:00 - 7:00pm		6:00 - 7:00pm		See Friday Sched	CLINICS	See Sunday Sched
AGE GROUP PERFORMANCE 2	4th - 10th Grade	7:00 - 8:00pm		7:00 - 8:00pm		See Friday Sched	CLINICS	See Sunday Sched
AGE GROUP PERFORMANCE 3	4th - 10th Grade		7:00 - 8:00pm		7:00 - 8:00pm	See Friday Sched	CLINICS	See Sunday Sched
AGE GROUP PERFORMANCE 4	4th - 10th Grade	TBD as needed		TBD as needed		See Friday Sched	CLINICS	
AGE GROUP PERFORMANCE 5	4th - 10th Grade		TBD as needed		TBD as needed	See Friday Sched	CLINICS	12:45 - 1:30pm

AGE GROUP FAMILIES:

AGD may select AGD 1 2 or 3 and then their preferred practice time slots for Fridays and Sundays

AGE GROUP FRIDAY SCHEDULE:	AGD 5:00 - 6:00pm	or	7:00 - 8:00pm	Commit with Coach Allison
AGE GROUP SUNDAY SCHEDULE:	AGD 12:00 - 1:00pm	or	2:00 - 3:00pm	Commit with Coach Allison

AGP may select AGP 1 2 or 3 and then their preferred practice time slots for Fridays and Sundays

AGE GROUP FRIDAY SCHEDULE:	AGP 6:00 - 7:00pm	or	7:00 - 8:00pm	Commit with Coach Allison
AGE GROUP SUNDAY SCHEDULE:	AGP 1:00 - 2:00pm	or	2:00 - 3:00pm	Commit with Coach Allison

CLINICS Please follow up with Coach Allison for VIDEO ANALYSIS CLINICS, COMPETITIVE PERFORMANCE CLINICS, COMPETITIVE READINESS CLINICS

SCHEDULE QUESTIONS:
 SENIORS / HEAD COACH
 JUNIORS
 AGE GROUP / CLINICS

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