



## **Charger Aquatics Fall/Spring 2025-2026 Practice Schedule**

(as of: Aug 14th 2025)

*Please note: This schedule may be subject to change. Should practices change, we will notify everyone as soon as possible. The schedule begins August 25th and runs through November 3rd when we will shift to the Winter Schedule during the NMAA HS Season. We resume this Schedule for the Spring on February 23rd, 2026 through the end of school. 6*

### **Sr Elite (20 Hrs Offered - 85% Attendance - 17 Hr Expected - Lead: Coach Jim; Assist: Rotating Staff)**

- Monday: 5:45-7:30AM Swim; 4:15-6:30 PM Team Meetings\*\* & Weight Room
- Tuesday: 5:45-7:30 AM Swim, 4:00PM-6:15 PM Swim
- Wednesday: 4:00-5:00 PM Yoga, 5:15-6:45 Swim
- Thursday: 5:45-7:30 AM Swim, 4:00PM-6:15 PM Swim
- Friday: 5:45-7:30 AM Swim, 5:15-6:30 PM Weight Room
- Saturday: 7:45-10:30 AM Swim at Academy or at Time/Dates TBD @ UNM LCM pool

\*\* Team Meetings Including but not limited to: Monthly TritonWear Data Review, Bi-weekly Mental Performance Coaching, Weekly Training & Competition Plan Review, College Recruiting Check-Ins

### **Speed & Power: (9.5 Hrs Offered - 70% Attendance- 6.65 Hrs Expected - Lead: Coach Elise; Assist: Coach Daniel, Jim, Mo)**

- Monday: 6:00PM-7:30PM Swim
- Tuesday: 5:45-7:30AM Swim, 6:15PM-7:15PM Weight Room
- Thursday: 5:45-7:30AM Swim, 6:15PM-7:15PM Weight Room
- Friday: 6:00PM-7:30PM Swim
- Saturday: 7:45AM-10:00AM (Dryland to Start)

### **Sr Regional: (16 Hrs Offered- 80% Attendance- 12.8 Hr Expected - Lead: Coach Mo; Assist: Rotating Staff)**

- Monday: 4:00PM-6:15PM Swim
- Tuesday: 5:45AM-7:30AM Swim, 6:15PM-7:15PM Weight Room
- Wednesday: 4:00PM-6:15 PM Swim
- Thursday: 5:45AM-7:30AM Swim, 5:30PM-6:30PM Yoga
- Friday: 6:00AM- 7:00AM Weight Room, 4:00PM-6:15PM Swim
- Saturday: 7:45AM-10:00AM (Dryland to Start)

### **HS Prep: (7 Hrs Offered - 50% Attendance- 3.5 Hrs Expected - Lead: Coach Julie; Assist: Sarah & Liz)**

- Monday: 4:00PM-5:45PM Swim
- Wednesday: 5:30PM-7:15PM Swim
- Friday: 4:00PM-5:45PM Swim
- Saturday: 8:00AM- 9:45AM Swim

### **Lightning Regional: (12 Hrs Offered - 75% Attendance- 9 Hrs Expected - Lead: Mo; Assist: Rotating Staff)**



- Monday: 4:00PM-6:15PM Swim (Attend SRR practice)
- Tuesday: 4:00 PM-6:00 PM (Dryland to Start)
- Wednesday: 4:00PM-6:15PM Swim (Attend SRR practice)
- Thursday: 4:00PM-6:00PM (Dryland to Start)
- Friday: 6:00PM- 7:45PM Swim
- Saturday: 10:15AM-12:15PM Swim

**Lightning: (10 Hrs Offered - 65% Attendance- 6.5 Hrs Expected - Lead: Coach Mo; Assist: Coaches Ally and Flex Coaches)**

- Monday: 6:00PM-7:45PM Swim
- Tuesday: 4:00 PM-6:00 PM (Dryland to Start)
- Thursday: 4:00 PM-6:00 PM (Dryland to Start)
- Friday: 6:00PM- 7:45PM Swim
- Saturday: 10:15AM-12:00PM (Dryland to Start)

**Lightning Prep: (6 Hrs Offered - 50% Attendance- 3 Hrs Expected - Lead: Coach Liz; Assist: Flex Coaches)**

- Tuesday: 5:45PM-7:15PM Swim
- Wednesday: 5:45PM-7:15PM (Dryland to Start)
- Thursday: 5:45PM-7:15PM Swim
- Friday: 5:45PM-7:15PM (Dryland to Start)

**Bolts: (8.75 Hrs Offered - 65% Attendance- 5.7 Hrs Expected - Lead: Coach Julie; Assist: Flex Coaches)**

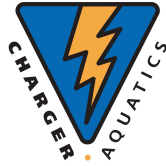
- Monday: 5:45PM-7:30PM (Dryland to Start)
- Tuesday: 5:45PM-7:30PM Swim
- Wednesday: 4:00PM-5:45PM (Dryland to Start)
- Friday: 4:00PM-5:45PM Swim
- Saturday: 8:00AM- 9:45AM Swim

**Little Bolts: (7.5 Hrs Offered - 60% Attendance- 4.5 Hrs Expected - Lead: Coach Ally; Assist: Flex Coaches)**

- Monday: 5:45PM-7:15PM (Dryland to Start)
- Tuesday: 6:00PM-7:30PM Swim
- Wednesday: 4:00PM-5:30PM (Dryland to Start)
- Thursday: 6:00PM-7:30PM Swim
- Friday: 4:00PM-5:30PM Swim

**Gold: (5 Hrs Offered - 50% Attendance- 2.5 Hrs Expected - Lead: Coach Sarah; Assist: Coach Daniel)**

- Monday: 4:00PM-5:15PM Swim
- Tuesday: 6:30PM-7:45PM (Dryland to Start)
- Wednesday: 4:00-5:15PM Swim
- Thursday: 6:30PM-7:45PM Swim (Dryland to Start)



**Silver: (3 Hrs Offered- 30% Attendance- 1 practice expected; Lead: Coach Sarah w/ Flex Coaches)**

- Monday: 5:15PM-6:15PM Swim
- Tuesday : 6:00PM-7:00PM Swim
- Wednesday: 6:00PM-7:00PM Swim
- Thursday: 5:15 PM-6:15PM Swim
- Friday: 5:15PM-6:15PM Swim

**Bronze: (2.75 Hrs Offered- 30% Attendance- 1 practice expected; Lead: Coach Sarah w/ Flex Coaches)**

- Monday: 4:30PM-5:25PM Swim
- Tuesday: 5:15PM-6:10PM Swim
- Thursday: 4:15PM-5:10PM Swim
- Friday: 4:30PM-5:25PM Swim
- Saturday: 11:05PM-12:00PM Swim