

# NCAT Senior - Shaker Site Swim PRACTICE SCHEDULE

## March 2023 SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
					LE Sr Champs @ U of Akron	LE Sr Champs @ U of Akron
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
	NO AM		Sectional practice 5:45-7:15 am		Sectional practice 5:45-7:15 am	Sectional practice 8:30-10:30 am
	Sr 1-3 4:00-6:00 pm	Sr 1-3 4:00-6:00 pm	Sr 1-3 4:00-6:00 pm	No Practice	LESI AG Champs @ CSU	LESI AG Champs @ CSU
LE Sr Champs @ U of Akron						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
Off	Sectional practice 5:45-7:15 am		Sectional practice 5:45-7:15 am		Sectional practice 5:45-7:15 am	Sectional practice 8:30-10:30am
	Sr 1-3 4:00-6:00 pm	Sr 1-3 4:00-6:00 pm	Sr 1-3 4:00-6:00 pm	Sr 1-3 4:00-6:00 pm		
LESI AG Champs CSU						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
Off	No AM		No practice	No Practice	No Practice	No Practice
	Sr 1-3 4:00-6:00 pm	Sr 1-3 4:00-6:00 pm	USA Sectionals Indy	USA Sectionals Indy	USA Sectionals Indy	USA Sectionals Indy
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
	Shaker Spring Break	Shaker Spring Break	Shaker Spring Break	Shaker Spring Break	No practice	No Practice
	Sr 1-3 combined w/ AG	Sr 1-3 combined w/ AG	Sr 1-3 Combined w/AG	Sr 1-3 Combined w/AG		
USA Sectionals Indy						
<b>Notes:</b>						
** AM Wed/Fri	as assigned					