

NCAT SR. SHAKER SITE PRACTICE SCHEDULE

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OFF	Off	Off	Off	Off	Off	Off

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OFF	Off	Off	Off	Off	Off	Off
	*Optional Strength & Conditioning	*Optional Strength & Conditioning	*Optional Strength & Conditioning	*Optional Strength & Conditioning		
	(check Instagram schedule)	(check Instagram schedule)	(check Instagram schedule)	(check Instagram schedule)		

Sunday	10	Monday	11	Tuesday	12	Wednesday	13	Thursday	14	Friday	15	Saturday	16
OFF		Off		Off		Off		Off		Off		Off	
		*Optional Strength & Conditioning		*Optional Strength & Conditioning		*Optional Strength & Conditioning		*Optional Strength & Conditioning					
		(check Instagram schedule)		(check Instagram schedule)		(check Instagram schedule)		(check Instagram schedule)					

Sunday	17	Monday	18	Tuesday	19	Wednesday	20	Thursday	21	Friday	22	Saturday	23
						1st day of classes (staggered)							
		Off		Off		Off		Off		Off		Off	
		*Optional Strength &		*Optional Strength &									
		Conditioning		Conditioning		try-out volunteers welcome		try-out volunteers welcome		try-out volunteers welcome		try-out volunteers welcome	
		(check Instagram schedule)		(check Instagram schedule)		email Coach Eric		email Coach Eric		email Coach Eric		email Coach Eric	

[illegible]

Notes:

Head Coach - Eric Peterson			Assistant Coach- (AG, Sr)- Charlie Lownes							
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eric.peterson@ncatswim.com			swimusc@sbcbglobal.net							
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swimusc@sbcglobal.net

* All practices held at the Shaker Heights Middle School pool unless otherwise noted									
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