

Texas Ford Aquatics Fall 2025 Practice Schedule

Effective Monday, October 1st, 2025

M = Monday T = Tuesday W = Wednesday R = Thursday F = Friday S = Saturday				
Group	Week Days	Practice Time @ TFA	Coach	Dryland Only
Skills 1	MWF	3:45 -4:30 pm	Sammy	NA
Skills 2	MWF	4:30 - 5:15 pm	Sammy	NA
Skills 3	TR	4:15-5:15 pm	Sammy	NA
Skills 4	TR	4:15-5:15 pm	Kennedy	NA
Skills 5	TR	7:00-8:00 pm	Trent	NA
Skills 6	TR	4:15 – 5:15 pm	Vlad	NA
Skills 7	WF	4:15 – 5:15 pm	Vlad	NA
Skills 8	S, SU	1:00-2:00 pm	Dianna	NA
Skills 9	S, SU	2:00-3:00 pm	Dianna	NA
Skills 10	S, SU	3:00-4:00 pm	Dianna	NA
Bronze A	MWF	5:15-6:15 pm	Spencer	NA
	T	4:00 - 5:00 pm	Trent	
Bronze B	MWRF	4:00 – 5:00 pm	Trent	NA
Bronze C	MWF	4:15 – 5:15 pm	Kennedy	NA
Silver	MTWRF	4:15-5:15 pm	Michelle & Spencer	NA
Gold	MTWRF	6:45-8:00 pm	Spencer	6:15-6:45
Red A	MWF	6:30 - 7:30 pm	Joelle	NA
	TR	7:45 - 8:45 pm		
Red B	MWF	7:45 - 8:45 pm	Joelle	
White	MWF	7:45 - 8:45 pm	Kennedy	NA
	TR	7:00-8:00 pm		
Blue	MTWRF	7:15 – 8:30 pm	Michelle	MWF 6:45-7:15
Platinum	MWF	7:15– 8:30 pm	Sammy	TR 6:45 - 7:15
	TR	7:15 – 8:15 pm		
	S	9:45 - 10:30 am		
Bronco	MTWRF	5:15-6:45 pm	Michelle	TR Dry @ YMCA
	S	7:00-8:30am		
Mustang	MWF	5:00 - 6:45 pm	Trent	MWF @ YMCA
	TR	R AM. 6:00- 7:30 & 5:00-7:00 pm		
	S	6:45-8:30am		
Maverick	MWF	6:15-7:45 pm	Kennedy	Dry 5:30-6:15
	TR	5:15-7:00 pm		
	S	10:45am - 12:15pm		
Senior	MTWRF	8:00-9:00	Spencer	NA
Pinnacle SWIM	MTWRF	3:15-7:15 pm (Two practice groups)	Coach McGough Coach Stickels	NA
	S	8:30-10:30 am		

Pinnacle DRY	MWF pm T/Th am T/Th pm T/Th pm ----- Sat	4:45 – 5:15 pm @ TFA 6:15 – 7:15 am @ YMCA <u>or</u> 3:15 – 4:15 pm @ YMCA <u>or</u> 4:15 – 5:00 pm @ YMCA ----- 7:00 – 8:00 am <u>YMCA</u> or 7:30 – 8:15 am <u>TFA</u>	Coach McGough Coach Stickels	NA
---------------------	---	--	---	----