

Texas Ford Aquatics Spring 2024 Practice Schedule

**April 1- May 24, 2024**

<b>M = Monday T = Tuesday W = Wednesday R = Thursday F = Friday S = Saturday</b>				
<b>Group</b>	<b>Week Days</b>	<b>Total Practice Time</b>	<b>Coach</b>	<b>Dryland Only</b>
Skills 1	MW	7:15 – 8:15 pm	Sammie	NA
Skills 2	T R	4:15 – 5:15 pm 7:15– 8:15 pm	Daveen Sammie	NA
Skills 3	TF	7:15 – 8:15 pm	Sammie	NA
Skills 4	TR	8:00 – 9:00 pm	Mark	NA
Bronze A	TWF	3:45 – 4:45 pm	Wagner	NA
Bronze B	TRF	4:15 – 5:15 pm	Stuart / Morgan	NA
Silver	MTWRF	4:00 –5:15pm	Sammie	Sammie 4:00 -4:15
Gold	MTWRF	6:20 – 8:00	Wagner	Wagner 6:20 – 6:40
Red A	MWF	4:15– 5:15pm	Daveen	NA
Red B	<b>MR</b> T	7:45 – 8:45 pm 8:00 – 9:00 pm	Trent	NA
White	MTWRF	5:15 – 6:30 pm	Daveen	Daveen 5:15 – 5:30
Blue	MTWRF	4:15 – 6:00 pm	Trent	Josh 5:30 – 6:00
Platinum	MTWRF S	5:15 – 7:15 pm 10:30 am – 12:00 pm	Sammie Morgan	Sammie 6:45 – 7:15 pm NA
Bronco	MR T WF S	4:10 – 6:00 pm 4:45 – 6:45 pm 4:45 – 6:45 pm 6:45 – 8:30 am	Wagner	Wagner 4:10 – 4:30 Wagner 6:15 - 6:45 Wagner 6:20 – 6:45 NA
Mustang	MR TWF S	5:30 – 7:45 pm 5:45 - 8:00 pm 6:45 – 9:00 am	Trent	Trent 5:30 – 6:00 Trent 5:45-6:15 Trent 8:30 – 9:00
Teen Fit	W S	7:15 – 8:30 pm 12:00 – 1:15 pm	Daveen Sammie	NA
Senior 1	MWF TR S	6:00 – 8:00 pm 6:45 – 8:45 pm 10:00 – 11:30 am	Jacob / Daveen	6:00 – 6:30 pm 6:45 – 7:15 pm NA
Senior 2	MF TR S	7:00 – 8:30 pm 6:00 – 8:00 pm 10:30 am– 12:00 pm	Daveen Jacob Sammie	Daveen 7:00 – 7:15 Jacob 6:00 – 6:30 NA
Pinnacle <b>SWIM</b>	MWF MTWRF Sat	6:00 – 7:30 am 5:15 – 7:15 pm 8:30 – 10:30 am	<a href="#">Coach McGough</a> <a href="#">Coach Stickels</a>	NA
Pinnacle <b>DRY</b>	T/Th am T/Th pm T/Th pm ----- Sat	6:15 – 7:15 am @ YMCA <b>or</b> 3:15 – 4:15 pm @ YMCA <b>or</b> 4:15 – 5:00 pm @ YMCA ----- 7:00 – 8:00 am YMCA <b>or</b> 10:45 – 11:45 am at YMCA <b>Groups will rotate</b>	<a href="#">Coach McGough</a> <a href="#">Coach Stickels</a>	NA

Saturday practices are Long Course