



CINCINNATI AQUATIC CLUB

TEAM 41 | SHORT COURSE 2023-2024

OCTOBER SCHEDULE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|---|---|---|
| SENIOR PERFORMANCE | 5:30 - 7:30 PM @ UC | 4:15 - 6:45 PM @ CCDS W: 4:15 - 5:45 PM DL: 6:00 - 6:45 PM | 5:00 - 6:30 AM @ CCDS | 4:15 - 6:45 PM @ CCDS W: 4:15 - 5:45 PM DL: 6:00 - 6:45 PM | 5:00 - 6:30 AM @ CCDS | 6:30 - 9:30 AM @ CCDS W: 6:30 - 8:15 AM DL: 8:30 - 9:30 AM |
| | | | 5:30 - 7:30 PM @ UC | | | |
| SENIOR PREP | 5:30 - 7:30 PM @ UC | 4:15 - 6:45 PM @ CCDS W: 4:15 - 5:45 PM DL: 6:00 - 6:45 PM | 5:00 - 6:30 AM @ CCDS | 4:15 - 6:45 PM @ CCDS W: 4:15 - 5:45 PM DL: 6:00 - 6:45 PM | 5:00 - 6:30 AM @ CCDS | 6:30 - 9:30 AM @ CCDS W: 6:30 - 8:15 AM DL: 8:30 - 9:30 AM |
| | | | 5:30 - 7:30 PM @ UC | | | |
| BLACK HAWK | 5:30 - 7:15 PM @ UC | 6:00 - 8:30 PM @ CCDS DL: 6:00 - 6:45 PM W: 7:00 - 8:30 PM | 5:30 - 7:15 PM @ UC | 6:00 - 8:30 PM @ CCDS DL: 6:00 - 6:45 PM W: 7:00 - 8:30 PM | 4:15 - 5:45 PM @ CCDS | 6:30 - 9:30 AM @ CCDS W: 6:30 - 8:15 AM DL: 8:30 - 9:30 AM |
| SILVER HAWK | 4:30 - 6:45 PM @ CCDS W: 4:30-6 PM DL: 6:15-6:45 PM | 5:30 - 7:15 PM @ UC DL: 5:30 - 5:45 PM W: 5:45 - 7:15 PM | | 6:00 - 8:30 PM @ CCDS DL: 6:00 - 6:45 PM W: 7:00 - 8:30 PM | 4:15 - 5:45 PM @ CCDS | 7:45 - 10:00 AM @ CCDS DL: 7:45 - 8:15 AM W: 8:30 - 10:00 AM |
| RED HAWK | 6:15 - 8:15 PM @ CCDS DL: 6:15-6:45 PM W: 6:45 - 8:15 PM | 5:30 - 7:15 PM @ UC DL: 5:30 - 5:45 PM W: 5:45 - 7:15 PM | 6:15 - 8:15 PM @ CCDS DL: 6:15-6:45 PM W: 6:45-8:15 PM | | 5:15 - 7:15 PM @ CCDS GAME: 5:15 - 5:45 PM W: 5:45 - 7:15 PM | 7:45 - 10:00 AM @ CCDS DL: 7:45 - 8:15 AM W: 8:30 - 10:00 AM |
| BRAVO | 5:15 - 7:00 PM @CCDS DL: 5:15 - 5:45 PM W: 5:45 - 7:00 PM | | 5:15 - 6:45 PM @ CCDS | 5:45 - 7:15 PM @ CCDS DL: 5:45 - 6:15 PM W: 6:15 - 7:15 PM | | 10:15 - 12:00 PM @ CCDS DL: 10:15 - 10:45 AM W: 10:45 - 12:00 PM |
| ALPHA <i>Starting October 2nd</i> | | 5:15 - 6:15PM @ CCDS DL: 5:15 - 5:30 PM W: 5:30-6:15 PM | | 5:15 - 6:15PM @ CCDS DL: 5:15 - 5:30 PM W: 5:30-6:15 PM | | 9:45 - 10:45 AM @ CCDS DL: 9:45-10:00 AM W: 10:00-10:45 AM |

- The schedule is **tentative**. Coaches may make necessary changes to best fit each group.
- CCDS Home Football Games - 9/8, 9/22, 10/6, 10/20, 10/27 practices will be adjusted.
- DL = any group strength, dryland, flexibility, or on-land instruction led by the lead coach or a CFF trainer.
- Times will shift beginning October 30th for high school season.
- Winter Schedule will be published by October 11th.