



CINCINNATI AQUATIC CLUB

TEAM 41 | SUMMER 2024

June - July Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SENIOR PERFORMANCE		7:00 - 8:30 AM @ IHC		7:00 - 8:30 AM @ IHC	8:30 - 10:30 AM @ UC	6:45 - 9:30 AM @ IHC
	5:00 - 7:00 PM @ UC	4:15 - 6:45 PM. @ CCDS W: 4:15 - 5:45 PM DL: 6:00 - 6:45 PM	5:00 - 7:00 PM @ UC	4:15 - 6:45 PM. @ CCDS W: 4:15 - 5:45 PM DL: 6:00 - 6:45 PM		
SENIOR PREP		7:00 - 8:30 AM @ IHC		7:00 - 8:30 AM @ IHC	8:30 - 10:30 AM @ UC	6:45 - 9:30 AM @ IHC
	5:00 - 7:00 PM @ UC	4:15 - 6:45 PM. @ CCDS W: 4:15 - 5:45 PM DL: 6:00 - 6:45 PM	5:00 - 7:00 PM @ UC	4:15 - 6:45 PM @ CCDS W: 4:15 - 5:45 PM DL: 6:00 - 6:45 PM		
BLACK HAWK				7:00 - 8:30 AM @ IHC	8:30 - 10:30 AM @ UC	6:45 - 9:30 AM @ IHC
	5:00 - 7:00 PM @ UC	5:15 - 7:45 PM DL: 5:15 - 6:00 PM W: 6:15 - 7:45 PM	5:00 - 7:00 PM @ UC	5:15 - 6:00 PM DL Only		
SILVER HAWK	8:30 - 10:00 AM @ UC	8:30 - 10:00 AM @ UC		5:45 - 7:45 PM @ CCDS DL: 5:45 - 6:15 PM W: 6:15 - 7:45 PM	7:15 - 8:45 AM @ IHC	8:00 - 10:00 AM DL: 8:00 - 8:30 AM W: 8:30 - 10:00 AM
RED HAWK	8:30 - 10:00 AM @ UC	8:30 - 10:00 AM @ UC	4:30 - 6:30 PM @ CCDS W: 4:30 - 6:00 PM DL: 6:00 - 6:30 PM		7:15 - 8:45 AM @ IHC	8:00 - 10:00 AM DL: 8:00 - 8:30 AM W: 8:30 - 10:00 AM
BRAVO	5:00 - 6:45 PM @ CCDS		5:30 - 7:15 PM @ CCDS DL 5:30 - 6:00 PM W: 6:00 - 7:15 PM		9:00 - 10:30 AM @ UC	9:30 - 11:15 AM @ CCDS DL: 9:30 - 10:00 AM W: 10:00 - 11:15 AM
ALPHA	5:30 - 6:30 PM @ CCDS DL: 5:30 - 5:45 PM W: 5:45 - 6:30 PM		5:45 - 6:45 PM @ CCDS DL: 5:30 - 5:45 PM W: 5:45 - 6:30 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.
- Summer Schedule begins Tuesday, June 4th.
- No Practice: 6/3, 6/28, 6/29, 7/12, 7/13
- Championship Dates: Regionals | 7/12-7/14, Junior Champs/Sectionals | 7/18-7/21, Sr Champs | 7/25 - 7/28
- DL = any group strength, dryland, flexibility, or on-land instruction led by the lead coach or a CFF trainer.
- We will utilize UC (50 Meters), IHC (25 Meters), & CCDS (25 Yards).