

## Deerfield 2025/2026 Holiday Practice Schedule

### Week 1: 12/22-12/27

Practice Group	Day	Warm up to Swim	Water	Dryland
Senior	Monday 12/22	6:45a-7:00a	7:00a-8:45a	9:00a-9:45a
	Tuesday 12/23	6:45a-7:00a <b>12:15p-12:30p</b>	7:00a-8:45a <b>12:30p-2:00p</b>	9:00a-9:45a <b>X</b>
	Wednesday 12/24	7:45a-8:00a	8:00a-10:00a	<b>X</b>
	Thursday 12/25	<b>NO PRACTICE</b>		
	Friday 12/26	6:45a-7:00a <b>12:15p-12:30p</b>	7:00a-8:45a <b>12:30p-2:00p</b>	9:00a-9:45a <b>X</b>
	Saturday 12/27	6:45a-7:00a	7:00a-8:45a	<b>X</b>

Gold	Monday 12/22	8:30a-8:45a	8:45a-10:15a	TBD
	Tuesday 12/23	8:30a-8:45a <b>12:15p-12:30p</b>	8:45a-10:15a <b>12:30p-2:00p</b>	TBD <b>X</b>
	Wednesday 12/24	7:45a-8:00a	8:00a-10:00a	<b>X</b>
	Thursday 12/25	<b>NO PRACTICE</b>		
	Friday 12/26	8:30a-8:45a <b>12:15p-12:30p</b>	8:45a-10:15a <b>12:30p-2:00p</b>	TBD <b>X</b>
	Saturday 12/27	8:30a-8:45a	8:45a-10:15a	<b>X</b>

Silver 3	Monday 12/22	10:00a-10:15a	10:15a-11:30a	TBD
	Tuesday 12/23	10:00a-10:15a	10:15a-11:30a	TBD
	Wednesday 12/24	<b>NO PRACTICE</b>		
	Thursday 12/25	<b>NO PRACTICE</b>		
	Friday 12/26	10:00a-10:15a	10:15a-11:30a	TBD
	Saturday 12/27	10:00a-10:15a	10:15a-11:30a	<b>X</b>

Silver 2	Monday 12/22	10:00a-10:15a	10:15a-11:30a	<b>X</b>
	Tuesday 12/23	10:00a-10:15a	10:15a-11:30a	<b>X</b>
	Wednesday 12/24	<b>NO PRACTICE</b>		
	Thursday 12/25	<b>NO PRACTICE</b>		
	Friday 12/26	10:00a-10:15a	10:15a-11:30a	<b>X</b>
	Saturday 12/27	10:00a-10:15a	10:15a-11:30a	<b>X</b>

Silver 1	Monday 12/22	11:15a-11:30a	11:30a-12:30p	<b>X</b>
	Tuesday 12/23	11:15a-11:30a	11:30a-12:30p	<b>X</b>
	Wednesday 12/24	<b>NO PRACTICE</b>		
	Thursday 12/25	<b>NO PRACTICE</b>		
	Friday 12/26	11:15a-11:30a	11:30a-12:30p	<b>X</b>
	Saturday 12/27	<b>NO PRACTICE</b>		

Bronze	Monday 12/22	11:15a-11:30a	11:30a-12:30p	<b>X</b>
	Tuesday 12/23	11:15a-11:30a	11:30a-12:30p	<b>X</b>
	Wednesday 12/24	<b>NO PRACTICE</b>		
	Thursday 12/25	<b>NO PRACTICE</b>		
	Friday 12/26	11:15a-11:30a	11:30a-12:30p	<b>X</b>
	Saturday 12/27	<b>NO PRACTICE</b>		

Developmental 2 & Developmental 3	Monday 12/22	8:45a-9:00a	9:00a-10:00a	<b>X</b>
	Tuesday 12/23	8:45a-9:00a	9:00a-10:00a	<b>X</b>
	Wednesday 12/24	<b>NO PRACTICE</b>		
	Thursday 12/25	<b>NO PRACTICE</b>		
	Friday 12/26	<b>NO PRACTICE</b>		
	Saturday 12/27	<b>NO PRACTICE</b>		

## Deerfield 2025/2026 Holiday Practice Schedule

### Week 2: 12/29-1/3

Practice Group	Day	Warm up to Swim	Water	Dryland
<b>Senior</b>	Monday 12/29	6:45a-7:00a	7:00a-8:45a	9:00a-9:45a
	Tuesday 12/30	6:45a-7:00a <b>12:15p-12:30p</b>	7:00a-8:45a <b>12:30p-2:00p</b>	9:00a-9:45a <b>X</b>
	Wednesday 12/31	7:45a-8:00a	8:00a-10:00a	<b>X</b>
	Thursday 1/1	<b>NO PRACTICE</b>		
	Friday 1/2	6:45a-7:00a <b>12:15p-12:30p</b>	7:00a-8:45a <b>12:30p-2:00p</b>	9:00a-9:45a <b>X</b>
	Saturday 1/3	6:45a-7:00a	7:00a-8:45a	<b>X</b>

<b>Gold</b>	Monday 12/29	8:30a-8:45a	8:45a-10:15a	TBD
	Tuesday 12/30	8:30a-8:45a <b>12:15p-12:30p</b>	8:45a-10:15a <b>12:30p-2:00p</b>	TBD <b>X</b>
	Wednesday 12/31	7:45a-8:00a	8:00a-10:00a	<b>X</b>
	Thursday 1/1	<b>NO PRACTICE</b>		
	Friday 1/2	8:30a-8:45a <b>12:15p-12:30p</b>	8:45a-10:15a <b>12:30p-2:00p</b>	TBD <b>X</b>
	Saturday 1/3	8:30a-8:45a	8:45a-10:15a	<b>X</b>

<b>Silver 3</b>	Monday 12/29	10:00a-10:15a	10:15a-11:30a	TBD
	Tuesday 12/30	10:00a-10:15a	10:15a-11:30a	TBD
	Wednesday 12/31	9:45a-10:00a	10:00a-11:00a	<b>X</b>
	Thursday 1/1	<b>NO PRACTICE</b>		
	Friday 1/2	10:00a-10:15a	10:15a-11:30a	TBD
	Saturday 1/3	10:00a-10:15a	10:15a-11:30a	<b>X</b>

<b>Silver 2</b>	Monday 12/29	10:00a-10:15a	10:15a-11:30a	<b>X</b>
	Tuesday 12/30	10:00a-10:15a	10:15a-11:30a	<b>X</b>
	Wednesday 12/31	9:45a-10:00a	10:00a-11:00a	<b>X</b>
	Thursday 1/1	<b>NO PRACTICE</b>		
	Friday 1/2	10:00a-10:15a	10:15a-11:30a	<b>X</b>
	Saturday 1/3	10:00a-10:15a	10:15a-11:30a	<b>X</b>

<b>Silver 1</b>	Monday 12/29	11:15a-11:30a	11:30a-12:30p	<b>X</b>
	Tuesday 12/30	11:15a-11:30a	11:30a-12:30p	<b>X</b>
	Wednesday 12/31	<b>NO PRACTICE</b>		
	Thursday 1/1	<b>NO PRACTICE</b>		
	Friday 1/2	11:15a-11:30a	11:30a-12:30p	<b>X</b>
	Saturday 1/3	<b>NO PRACTICE</b>		

<b>Bronze</b>	Monday 12/29	11:15a-11:30a	11:30a-12:30p	<b>X</b>
	Tuesday 12/30	11:15a-11:30a	11:30a-12:30p	<b>X</b>
	Wednesday 12/31	<b>NO PRACTICE</b>		
	Thursday 1/1	<b>NO PRACTICE</b>		
	Friday 1/2	11:15a-11:30a	11:30a-12:30p	<b>X</b>
	Saturday 1/3	<b>NO PRACTICE</b>		

<b>Developmental 2 &amp; Developmental 3</b>	Monday 12/29	8:45a-9:00a	9:00a-10:00a	<b>X</b>
	Tuesday 12/30	8:45a-9:00a	9:00a-10:00a	<b>X</b>
	Wednesday 12/31	<b>NO PRACTICE</b>		
	Thursday 1/1	<b>NO PRACTICE</b>		
	Friday 1/2	<b>NO PRACTICE</b>		
	Saturday 1/3	<b>NO PRACTICE</b>		