



OHIO STATE SWIM CLUB

RECREATIONAL SPORTS OFFICE OF STUDENT LIFE

2020 Summer Practice Schedule May 26-July 31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Novice	5:30-6 pm; Dry 6-7 pm; Wet (North)	5:30-6 pm; Dry 6-7 pm; Wet (North)		5:30-6 pm; Dry 6-7 pm; Wet (North)		
Bronze		5:30-6 pm; Dry 6-7:30 pm; Wet (South)	5:30-6 pm; Dry 6-7:30 pm; Wet (North)	5:30-6 pm; Dry 6-7:30 pm; Wet (South)		12:30-2 pm; Wet (long course)
Silver	5:30-6 pm; Dry 6-7:30 pm; Wet (North)	5:30-6 pm; Dry 6-7:30 pm; Wet (South)	5:30-6 pm; Dry 6-7:30 pm; Wet (North)	5:30-6 pm; Dry 6-7:30 pm; Wet (South)		12:30-2 pm; Wet (long course)
Gold	10-10:30 am; Dry 10:30-12:15 pm; Wet (North or long course)	10-10:30 am; Dry 10:30-12:15 pm; Wet (North or long course)	10-10:30 am; Dry 10:30-12:15 pm; Wet (North or long course)	10-10:30 am; Dry 10:30-12:15 pm; Wet (North or long course) Optional double w Senior	10-10:30 am; Dry 10:30-12:15 pm; Wet (long course)	
Platinum	10-10:30 am; Dry 10:30-12:30 pm; Wet (North or long course)	10-10:30 am; Dry 10:30-12:30 pm; Wet (North or long course) Optional double w NT	10-10:30 am; Dry 10:30-12:30 pm; Wet (North or long course)	10-10:30 am; Dry 10:30-12:30 pm; Wet (North or long course)	10-10:30 am; Dry 10:30-12:30 pm; Wet (long course)	12:30-2:30 pm; Wet (long course)
Senior	8:15-10:30 am; Wet 10:30-11 am; Dry (North or long course)	6-8 am; Wet 8-8:30 am; Dry (long course) Optional double w NT	8:15-10:30 am; Wet 10:30-11 am; Dry (North or long course)	6-8 am; Wet (long course) 6-7:30 pm; Wet	8:15-10:30 am; Wet 10:30-11 am; Dry (long course)	10:15-12:30 pm; Wet (long course)
National Team	8:15-10:30 am; Wet 10:30-11 am; Dry (North or long course)	6-8 am; Wet (long course) 6-7:30 pm; Wet (North)	8:15-10:30 am; Wet 10:30-11 am; Dry (North or long course)	6-8 am; Wet 8-8:30 am; Dry (long course) Optional double w Senior	8:15-10:30 am; Wet 10:30-11 am; Dry (long course)	10:15-12:30 pm; Wet (long course)

Notes:

- Evening practices will be offered as needed for swimmers who are still in school when this schedule begins.
- Although many of our spring practices will be short course, we will hold long course practices for all of our training groups whenever possible.
- No practice on Saturday, July 4.
- There will be no evening "double" practices for Gold, Platinum, Senior, & National Team swimmers after Thursday, June 25.
- Tuesday, July 7 & Wednesday, July 8 – no evening practice due to the Country Club League Championships. Morning practice will be offered for all of our swimmers (specific practice times will be emailed the week before).
- No practice during holidays or non-championship home swim meets. We will provide practice time for JO swimmers while we host Sectionals.
- Practice times will be reduced for each training group after our championship meets have concluded (beginning mid-July).
- Practice adjustments will be noted in our weekly team updates.