



OHIO STATE SWIM CLUB

RECREATIONAL SPORTS OFFICE OF STUDENT LIFE

2019-20 Practice Schedule September 3-May 25

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Novice	4:30-5:25 pm; Wet 5:25-5:45 pm; Dry (North)		4:30-5:25 pm; Wet 5:25-5:45 pm; Dry (North)				1-2 pm; Wet (North)
Bronze		4:30-5:30 pm; Wet 5:30-6:15 pm; Dry (South)		4:30-5:30 pm; Wet 5:30-6:15 pm; Dry (South)	4:30-6:15 pm; Wet (South)		12:15-2 pm; Wet (South)
Silver	4:30-6:15 pm; Wet 6:15-6:45 pm; Dry (South)		4:30-6:15 pm; Wet 6:15-6:45 pm; Dry (South)		4:30-6:25 pm; Wet (South)		12:15-2 pm; Wet (South)
Gold	4:30-6:25 pm; Wet 6:25-7 pm; Dry (South)	4:30-6:15 pm; Wet 6:15-7 pm; Dry (South)		4:30-6:15 pm; Wet 6:15-7 pm; Dry (South)	4:30-6:30 pm; Wet (North)	Noon-12:30 pm; Dry 12:30-2:30 pm; Wet (North)	12:15-2 pm Stroke Clinics & Optional Practices* (North)
Platinum		4:30-5:30 pm; Dry 5:30-7:30 pm; Wet (South/North)	4:30-6:25 pm; Wet 6:25-7 pm; Dry (South)	4:30-5:30 pm; Dry 5:30-7:30 pm; Wet (South/North)	4:30-6:30 pm; Wet (North)	Noon-12:30 pm; Dry 12:30-2:30 pm; Wet (North)	
Senior	4:30-7 pm; Wet 7-7:30 pm; Dry (North)	4:30-6:35 pm; Wet 6:35-7:30 pm; Dry (North)	4:30-7 pm; Wet 7-7:30 pm; Dry (North)	4:30-7 pm; Wet 7-7:30 pm; Dry (North)		9:30-10:15 am; Dry 10:15-12:30 pm; Wet (North)	
Pre-Season HS	w/ Senior	w/ Senior	w/ Senior	w/ Senior		w/ Senior	
National Team	4:30-7 pm; Wet 7-7:30 pm; Dry (North)	4:30-7 pm; Wet 7-7:30 pm; Dry (North)	4:30-7 pm; Wet 7-7:30 pm; Dry (North)	4:30-6:35 pm; Wet 6:35-7:30 pm; Dry (North)		9:30-10:15 am; Dry 10:15-12:30 pm; Wet (North)	

Notes:

- We will run optional practices in early April (a complete schedule of these practices will be emailed in mid-March).
- **Stroke Clinics** – Stroke clinics/underwater filming will be offered mid-September through January on Sundays that don't conflict with swim meets or optional practices.
- **Optional Practices** – We will offer optional practices for our older swimmers on Sundays to get additional water time.
- The last day of practice for the Pre-Season HS group is Thursday, October 24 (all of these swimmers are still required to compete for us at the Senior Meet at Miami University November 22-24).
- Practice adjustments will be noted in our weekly team updates.
- December holiday practice adjustments will be posted on our team website in early December.

No practice on the following dates:

- Ohio State home football games
- Ohio State Spring Commencement
- Many national holidays
- Home swim meets
- Some varsity swim meets

Starting Dates for each training group:

- **Senior, National Team, Pre-Season HS:** September 3.
- **Novice, Silver, Gold:** September 16.
- **Bronze, Platinum:** September 17.