

2023-2024 WINTER TRAINING SCHEDULE

Day	Date	SENIOR	HIGH SCHOOL	PRE-SENIOR	SILVER	BLUE	GREEN	NOTES
Wednesday	12/20/2023	Weights 5-6 AM SIGN UP Swim 3:05 - 5:05 PM	Weights 5-6 AM SIGN UP Swim 3:05 - 5:05 PM	Swim 6:05 - 7:35 PM	Swim 6:05 - 7:35 PM	Swim 5:05 - 6:05 PM	WF 4:00-5:00 PM	1. All practices on Wed, Dec 20 will be at the Memorial Park Community Center Pool 2. Stripper Practice will be on Thurs, 12/28 for SR, PS, HS, Silver & Blue practice groups. SR, HS, PS - Bring Tshirt, Shorts Sweatpants, Sweatshirt & Shoes to swim in Silver & Blue bring Tshirt, Shorts, Sweatshirt & Sweat-pants to swim in
Thursday	12/21/2023	Swim 7:00-10:00 AM Swim 3:05-5:05 PM	Swim 7:00-10:00 AM # Swim 3:05-5:05 PM #	Swim 6:05 - 7:35 PM	Swim 6:05 - 7:35 PM	Swim 5:05 - 6:05 PM	MTh 4:00-5:00 PM MTH 6:05-7:05 PM	
Friday	12/22/2023	GROUP A Weights 5:30-6:30 AM Swim 7:00 - 8:30 AM GROUP B Weights 7:00 - 8:00 AM Swim 8:30 - 10:00 AM EVERYONE Swim 3:05 - 5:05 PM	GROUP A Weights 5:30-6:30 AM Swim 7:00 - 8:30 AM # GROUP B Weights 7:00 - 8:00 AM Swim 8:30 - 10:00 AM # EVERYONE Swim 3:05 - 5:05 PM #	GROUP A Swim 7:00 - 8:30 AM GROUP B Swim 8:30 - 10:00 AM EVERYONE Swim 6:05-7:35	Swim 6:05 - 7:35 PM	Swim 5:05 - 6:05 PM	WF 4:00-5:00 PM	
Saturday	12/23/2023	Swim 6:00-9:00 AM	Swim 6:00-9:00 AM #	Swim 6:00-9:00 AM	OFF	OFF	OFF	
Sunday	12/24/2023	OFF	OFF	OFF	OFF	OFF	OFF	3. FREE T-SHIRT to all who attend ALL of their group's required practices from 12/20 thru 1/3. (Note that Dec 26 practice absence will not count against you. 4. # = Optional practice for HS swimmers. It does not affect the BSC training plan.
Monday	12/25/2023	OFF	OFF	OFF	OFF	OFF	OFF	
Tuesday	12/26/2023	Swim 3:05 - 5:05 PM	Swim 3:05 - 5:05 PM #	Swim 6:05 - 7:35 PM	Swim 6:05 - 7:35 PM	Swim 5:05 - 6:05 PM	MTh 4:00-5:00 PM MTH 6:05-7:05 PM	
Wednesday	12/27/2023	GROUP A Weights 5:30-6:30 AM Swim 7:00 - 8:30 AM GROUP B Weights 7:00 - 8:00 AM Swim 8:30 - 10:00 AM EVERYONE Swim 3:05 - 5:05 PM	GROUP A Weights 5:30-6:30 AM Swim 7:00 - 8:30 AM GROUP B Weights 7:00 - 8:00 AM Swim 8:30 - 10:00 AM EVERYONE Swim 3:05 - 5:05 PM	GROUP A Swim 7:00 - 8:30 AM GROUP B Swim 8:30 - 10:00 AM EVERYONE Swim 6:05-7:35	Swim 6:05 - 7:35 PM	Swim 5:05 - 6:05 PM	WF 4:00-5:00 PM	
Thursday	12/28/2023	Swim 7:00-10:00 AM Swim 3:05-5:05 PM	Swim 7:00-10:00 AM Swim 3:05-5:05 PM	Swim 6:05 - 7:35 PM	Swim 6:05 - 7:35 PM	Swim 5:05 - 6:05 PM	MTh 4:00-5:00 PM MTH 6:05-7:05 PM	5. When there are 2 practices scheduled in a day, the plan is that a swimmer attend both. 6. SR/HS/PS Group A/B: For these practices, swimmers will be assigned to one of the groups based on the coach's criteria. They will only attend either Group A or Group B practice. Note that the group a swimmer is assigned to may change by the day! Check the list posted at the pool and on the website to know what group you are in. Those doing weights will lift before your scheduled A or B swim practice
Friday	12/29/2023	GROUP A Weights 5:30-6:30 AM Swim 7:00 - 8:30 AM GROUP B Weights 7:00 - 8:00 AM Swim 8:30 - 10:00 AM GROUP A Swim 3:05-4:05 PM GROUP B Swim 4:05-5:05 PM	GROUP A Weights 5:30-6:30 AM Swim 7:00 - 8:30 AM GROUP B Weights 7:00 - 8:00 AM Swim 8:30 - 10:00 AM GROUP A Swim 3:05-4:05 PM GROUP B Swim 4:05-5:05 PM	GROUP A Swim 7:00 - 8:30 AM GROUP B Swim 8:30 - 10:00 AM EVERYONE Swim 6:05-7:35	Swim 6:05 - 7:35 PM	Swim 5:05 - 6:05 PM	WF 4:00-5:00 PM	
Saturday	12/30/2023	Swim 6:00-9:00 AM	Swim 6:00-9:00 AM	Swim 6:00-9:00 AM	OFF	OFF	OFF	
Sunday	12/31/2023	OFF	OFF	OFF	OFF	OFF	OFF	
Monday	1/1/2024	OFF	OFF	OFF	OFF	OFF	OFF	
Tuesday	1/2/2024	GROUP A Weights 5:30-6:30 AM Swim 7:00 - 8:30 AM GROUP B Weights 7:00 - 8:00 AM Swim 8:30 - 10:00 AM EVERYONE Swim 3:05 - 5:05 PM	GROUP A Weights 5:30-6:30 AM Swim 7:00 - 8:30 AM GROUP B Weights 7:00 - 8:00 AM Swim 8:30 - 10:00 AM EVERYONE Swim 3:05 - 5:05 PM	GROUP A Swim 7:00 - 8:30 AM GROUP B Swim 8:30 - 10:00 AM EVERYONE Swim 6:05-7:35 PM	Swim 6:05 - 7:35 PM	Swim 5:05 - 6:05 PM	MTh A 4:00 - 5:00 PM MTh B 6:05-7:05 PM	
Wednesday	1/3/2024	Swim 7:00 - 10:00 AM	Swim 7:00 - 10:00 AM	Swim 6:05-7:35 PM	Swim 6:05 - 7:35 PM	Swim 5:05 - 6:05 PM	WF 4:00-5:00 PM	
Thursday	1/4/2024	Regular 5 AM Practice Regular PM Schedule	Regular 5 AM Practice Regular PM Schedule	Regular PM Schedule	Regular PM Schedule	Regular PM Schedule	Regular PM Schedule	