



# RSD Fall-Winter-Spring 2025-2026 Practice Schedule

Effective August 25, 2025

| Group                        | Day                                                        | Time                                                                                                                                                                     |
|------------------------------|------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Corvina                      | Monday, Tuesday, Thursday                                  | 5:15–6:05 p.m.                                                                                                                                                           |
| Zebra Shark                  | Monday, Tuesday, Thursday                                  | 5:55–6:45 p.m.                                                                                                                                                           |
| Leopard Shark                | Monday through Thursday                                    | 3:25–4:25 p.m.                                                                                                                                                           |
| Red                          | Monday through Thursday                                    | 4:10–5:25 p.m.                                                                                                                                                           |
|                              | Friday                                                     | 4:10–5:10 p.m.                                                                                                                                                           |
| White                        | Monday through Thursday                                    | 3:35–5:10 p.m.                                                                                                                                                           |
|                              | Friday                                                     | 3:35–4:30 p.m.                                                                                                                                                           |
| Blue                         | Monday through Friday                                      | 3:35–5:35 p.m.                                                                                                                                                           |
| Sr. Red                      | Monday, Wednesday                                          | 6:15–8:00 p.m.                                                                                                                                                           |
|                              | Friday                                                     | 4:00–5:25 p.m.                                                                                                                                                           |
|                              | Saturday                                                   | 9:15–10:40 a.m.                                                                                                                                                          |
|                              | Sunday                                                     | 8:15–9:40 a.m.                                                                                                                                                           |
| Sr. White                    | Monday *optional*                                          | 6:00–7:15 a.m.                                                                                                                                                           |
|                              | Tuesday, Thursday                                          | 6:15–8:05 p.m.                                                                                                                                                           |
|                              | Wednesday, Friday                                          | 4:55–6:45 p.m.                                                                                                                                                           |
|                              | Saturday                                                   | 9:15–10:40 a.m.                                                                                                                                                          |
| Sr. Blue & Championship Prep | Monday through Thursday                                    | 6:20–8:30 p.m.                                                                                                                                                           |
|                              | Friday                                                     | 5:30–7:00 a.m.                                                                                                                                                           |
|                              | Saturday (Primary)                                         | 7:45–9:30 a.m.                                                                                                                                                           |
|                              | Saturday (Alt) – effective when Champ & National are @ RSD | 10:30 a.m.–12:00 p.m.                                                                                                                                                    |
| Championship & National      | Monday through Thursday                                    | 4:20–7:00 p.m.*                                                                                                                                                          |
|                              | Friday                                                     | 4:20–6:20 p.m.*                                                                                                                                                          |
|                              | Tuesday & Thursday morning                                 | 5:30–7:00 a.m.                                                                                                                                                           |
|                              | Saturday @ RSD                                             |                                                                                                                                                                          |
|                              | -or-<br>Sunday LCM @ Oceanside                             | 7:20–9:30 a.m.                                                                                                                                                           |
| Championship & National      | *Boys:                                                     | Mon & Wed weights 4:20–5:10 p.m. / swim 5:10–7:00 p.m.<br>Tue & Thur dryland 4:20–5:10 p.m. / swim 5:10–7:00 p.m.<br>Friday dryland 4:20–5:10 p.m. / swim 5:10–6:20 p.m. |
| Dryland -Strength Schedule   | *Girls:                                                    | Mon & Wed dryland 4:20–5:10 p.m. / swim 5:10–7:00 p.m.<br>Tue & Thur weights 4:20–5:10 p.m. / swim 5:10–7:00 p.m.<br>Friday dryland 4:20–5:10 p.m. / swim 5:10–6:20 p.m. |



THE FUNNEST SPORT THERE IS

