



## Senior/National

### ***Practice Info***

#### **Coverage Dec 1-7**

Mon, Dec 1

Tue, Dec 2

Wed, Dec 3

Thu, Dec 4

Fri, Dec 5

Sat, Dec 6

#### **Coverage Dec 8-14**

Mon, Dec 8

Tue, Dec 9

Wed, Dec 10

Thu, Dec 11

Fri, Dec 12

Sat, Dec 13

Sun, Dec 14

***Dec 8-14 will be adjusted due to taper***

#### **Taper Mansfield/Junior Nationals**

Ricky/Logan

Ricky am

Ricky pm/Steph dryland/Jeff Pinnacle

Ricky pm

No AM/No Pinnacle

Nick pm

Logan pm/Brandon @ Davis

Nick am at Armijo/Brandon @ Davis

#### **Taper Week for all**

Nick/Logan

No am

Steph pm/Jeff Pinnacle

Steph pm

Nick pm

Nick/Logan pm

Nick-meet

Nick-meet (Ricky arrive once flight lands)

### **Communication**

Emails-once a week

Group Me-make sure you are in the group me (will move to Band Jan 1)

Attendance-all swimmers should have a consistent schedule

National-reach out if not attending

Senior-reach out if not attending a regular schedule day

Meets-assumed attending if supposed to attend

Opt out-communication

**Winter Swim Meet Schedule**

Dec 5-7

Dec 9-13

Dec 13-14

Jan 17-18

Jan 23

Jan 24

Feb 7-8

Feb 21-22

Feb 26-Mar 1

**Opt out assumed**

Mansfield

Junior Nationals

DART Winter Invite

CAL Invite

Swim/Polo dual meet at Solano

Tri Meet-Marine College

Pacifica Indoor Meet

DART Last Chance Invite (not attending sectionals)

USA Sectionals

*\*Swimmers not attending CAL-Sunday of Vacaville is optional***Events**

Dec 18

Winter Social

Dec 20-28

Team Break

Dec 29-Jan 3

Winter Training

Jan 19

Classroom Session (Nat/Sen)

Jan 23

Swim Meet Social-pizza following event

TBD

Ice Skating (during our winter training)

**High School Swimming**

Club

Mainly train with club

Associate

Once a week with club

Full Time High School

Full time during HS swim season

1-Tuesdays will most likely be high school schedule

2-Maintain structured dryland 2 times a week (increase to 3?)

3-Maintain two mornings per week during high school season