



**AFTERNOON/EVENING PRACTICE SCHEDULE: April 29<sup>th</sup> – May 24<sup>th</sup>**

**Klein High**

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Pre-National Elite</i>	4:00 – 6:00	4:00 – 6:00	6:30 – 8:30 @ SCF	6:30 – 8:30 @ SCF	4:00 – 6:00
<i>Senior</i>	4:00 – 5:45	4:00 – 5:45	6:30 – 8:30 @ SCF	4:00 – 5:45	4:00 – 5:45
<i>Junior Elite</i>	5:45 – 7:45	6:30 – 8:30 @ SCF	5:45 – 7:45	5:45 – 7:45	5:45 – 7:45
<i>Platinum Plus</i>	6:00 – 7:50	6:30 – 8:30 @ SCF	6:00 – 7:50	6:00 – 7:50	6:00 – 7:50
<i>Platinum</i>	6:00 – 7:40	6:30 – 8:30 @ SCF	6:00 – 7:40	6:00 – 7:40	6:00 – 7:40
<i>Silver Plus</i>	5:15 – 6:25	5:15 – 6:25	5:15 – 6:25	5:15 – 6:25	5:15 – 6:25
<i>Silver</i>	5:15 – 6:15	5:15 – 6:15	5:15 – 6:15	5:15 – 6:15	5:15 – 6:15
<i>Bronze (Jon)</i>	7:00 – 7:40	7:00 – 7:40	7:00 – 7:40	7:00 – 7:40	OFF
<i>Copper (Jon)*</i>	6:30 – 7:00	6:30 – 7:00	6:30 – 7:00	6:30 – 7:00	OFF

**\*Copper swimmers at Klein High MUST choose either Monday/Wednesday or Tuesday/Thursday**

**SCF = Spring Creek Forest (17515 Fairway Oaks Drive, Spring, TX, 77379)**

**Klein Cain**

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>National Elite</i>	3:45 – 5:45	6:30 – 8:30 @ SCF	6:30 – 8:30 @ SCF	6:30 – 8:30 @ SCF	3:45 – 5:45
<i>Pre-National Elite Plus</i>	3:45 – 5:45	6:30 – 8:30 @ SCF	6:30 – 8:30 @ SCF	6:30 – 8:30 @ SCF	3:45 – 5:45
<i>Gold Plus</i>	6:15 – 7:45	6:15 – 7:45	6:15 – 7:45	6:30 – 8:30 @ SCF	6:15 – 7:45
<i>Gold</i>	6:15 – 7:35	6:15 – 7:35	6:15 – 7:35	6:30 – 8:30 @ SCF	6:15 – 7:35
<i>Bronze (Caitlyn)</i>	5:00 – 5:40	5:00 – 5:40	5:00 – 5:40	5:00 – 5:40 @ KHS	OFF
<i>Copper (Caitlyn)*</i>	5:40 – 6:10	5:40 – 6:10	5:40 – 6:10	5:40 – 6:10 @ KHS	OFF

**\*Copper swimmers at Klein Cain MUST choose either Monday/Wednesday or Tuesday/Thursday**

**SCF = Spring Creek Forest (17515 Fairway Oaks Drive, Spring, TX, 77379)**

**MORNING PRACTICE SCHEDULE: April 29<sup>th</sup> – May 24<sup>th</sup>**

	Monday	Tuesday	Wednesday	Thursday	Friday
<i><u>National Elite</u></i>	ATH 5:45 – 6:45	SCF 5:30 – 7:00	ATH 5:45 – 6:45	SCF 5:30 – 7:00	ATH 5:45 – 6:45
<i><u>Pre-National Elite Plus</u></i>	ATH 5:45 – 6:45	SCF 5:30 – 7:00	ATH 5:45 – 6:45	SCF 5:30 – 7:00	ATH 5:45 – 6:45
<i><u>Pre-National Elite</u></i>	ATH 5:45 – 6:45	SCF 5:30 – 7:00	ATH 5:45 – 6:45	SCF 5:30 – 7:00	ATH 5:45 – 6:45
<i><u>Senior</u></i>	OFF	SCF 5:30 – 7:00	OFF	SCF 5:30 – 7:00	OFF
<i><u>Junior Elite</u></i>	OFF	SCF 5:30 – 7:00	OFF	SCF 5:30 – 7:00	OFF
<i><u>Platinum Plus</u></i>	OFF	SCF 5:30 – 7:00	OFF	SCF 5:30 – 7:00	OFF
<i><u>Platinum</u></i>	OFF	SCF 5:30 – 7:00	OFF	SCF 5:30 – 7:00	OFF

**SCF = Spring Creek Forest (17515 Fairway Oaks Drive, Spring, TX, 77379)**

**ATH – Athlete Training & Health**