



2005 Spring & Summer Practice Schedule

The summer practice schedule is purposefully designed to allow flexibility within your busy spring and summer schedules. Please contact the coaching staff with any questions you may have.

Note that we have designed a practice schedule which maximizes our pool space and time. As always, swimmers are encouraged to attend as many practices as possible, but the coaches realize that swimmers of all ages are involved in many other activities as well.

| | Session 1 April 4 – May 8 | | Session 2 May 9 – June 7 | | Session 3 June 8 – July 30 | |
|---|---|--|--|---|---|--|
| National | M, W T, Th Fri Sat | 5:30 – 7:30p (Wheaton Coll) 4-6:00p (COD) 4:30-7:00p (Carol Stream) At Wheaton times tba 2 hours | MWF T, Th Sat | 4-6:30p (Wheaton Coll) 4-6:30p (COD) At Wheaton times tba 2 hours | M-F M-F Sat | 8-10a (W. Coll - short course)* 3-5:30p (W. Coll -long course) At Wheaton short course (times are tba) 2 hours |
| | Session 1 Dryland: M,W 7:30-8p at Wheaton College | | Session 2 Dryland: M,W 6:30-7:00p at Wheaton College | | *Lane space will be available for a 10-11:30 workout for National swimmers with earlier commitments | |
| Pre-Nat | M, W T, Th Fri Sat | 5:30 – 7:30p (Wheaton Coll) 4-6:00p (COD) 6-7:30p (Wheaton Coll) At Wheaton times tba 1.5 hrs | M-F Sat | 4-6:00p (Wheaton Coll) At Wheaton times tba (1.5 hours) | M-F MWF T,Th Sat | 10-11:30 (W. Coll –short course)* 3-4:30 (W. Coll – long course) 3-4:30 (COD) At Wheaton short course (1.5 hours) |
| | | | | | | *Lane space is available from 8-9:30 for Pre-Nat swimmers with later conflicts |
| Gold | M Tue W Th Fri Sat | 5:30-7p (Wheaton) 6-7:30p (COD) 4-5:30p (Wheaton) 6-7:30p (COD) 6-7:30 (Wheaton) At Wheaton times tba 1.5 hrs | M Tue Th Fri Sat | 4-5:30p (Wheaton) 4-5:30p (Wheaton) 4-5:30p (Wheaton) 4-5:30p (Wheaton) At Wheaton times tba (1.5 hours) | M-F Sat | 10-11:30a (W. Coll - short course) At Wheaton short course 1.5 hours times tba |
| Silver | T, Th W,F Sat | 6-7:30p (COD) 6-7:15p (Wheaton) At Wheaton times tba 1.25 hrs | T-F Sat | 4-5:15p (Wheaton) At Wheaton times tba 1.25 hours | M-F Sat | 10-11:15a (W. Coll - short course) At Wheaton short course 1.25 hours times tba |
| Bronze | T, Th F Sat | 4:30-5:45p (COD) 6-7:15p (Wheaton) At Wheaton times tba 1 hour | Tue Th Fri Sat | 4-5:15p (Wheaton) 4-5:15p (Wheaton) 4-5:15p (Wheaton) At Wheaton tba 1 hour | MW F Sat | 10-11:15 (W. Coll - short course) 10-11:15 (W. Coll - short course) At Wheaton short course 1 hour times tba |
| Pre Season Competitive Swim Camp | T, Th | 5:45-6:30p (COD) | T, Th | 5:45-6:30p (COD) | n/a – swimmers may join the team at this time at a discounted rate!! | |