

Preliminary Practice Schedule - 2010 Long Course



Session 1*

Tues April 6 through Sat May 1 (4 weeks)

	M	T	W	Th	F	S
Nat	6-745 WC	530-730 COD	6-745 WC	530-730 COD	530-730 COD	8-10 WC
Jnat	630-8 WC	4-6 COD	630-8 WC	4-6 COD	4-6 COD	8-10 WC
Sr	off	6-730 COD	630-8 WC	6-730 COD	6-730 COD	8-930 WC
Gold	4-530 WC	4-530 WC	4-530 WC	4-530 WC	4-530 WC	8-930 WC
Sil	off	530-645 WC	off	530-645 WC	530-645 WC	10-1115 WC
Bz	off	630-730 COD	off	630-730 COD	630-730 COD	1115-1215 WC
Bl	off	545-630 COD	off	545-630 COD	530-630 COD	1030-1115 WC
Or	off	515-545 COD	off	515-545 COD	off	off

* Session 1 Note: We will start up slowly the first three weeks for National and Junior National. Practices will generally be 1 or 1.25 hrs week one, then 1.25 or 1.5 hours week 2, then 1.75 or 2 hours week 3. The exact schedule will be posted on our Team Calendar Online

Session 2**

Mon May 3 through Sat June 5 (5 weeks)

	M	T	W	Th	F	S
Nat	4-615 WC	4-630 COD	4-615 WC	4-630 COD	4-630 COD	8-10 WC
Jnat	415-615 WC	415-615 WC	415-615 WC	415-615 WC	415-615 WC	8-10 WC
Sr	off	6-730 COD	615-745 WC	6-730 COD	6-730 COD	8-930 WC
Gold	4-530 WC	4-530 WC	4-530 WC	4-530 WC	4-530 WC	8-930 WC
Sil	615-730 WC	615-730 WC	off	615-730 WC	615-730 WC	10-1115 WC
Bz	off	630-730 COD	off	630-730 COD	630-730 COD	1115-1215 WC
Bl	off	545-630 COD	off	545-630 COD	530-630 COD	1030-1115 WC
Or	off	515-545 COD	off	515-545 COD	off	off

**Session 2 schedule may change based on Wheaton College water polo's advancement to the NCAA Tournament, and the possible availability of outdoor pool time before school is out. We will post all changes as soon as they are known on the practice info page and the Online Team Calendar.

Session 3

Mon Jun 7 through Thurs July 29 (8 weeks)

	M	T	W	Th	F	S
Nat AM	8-10 WC	5-7 WNS+	8-10 WC	5-7 WNS+	8-10 WC	8-10 WC
Nat PM	3-5 WC	3-5 WC	3-5 WC	3-5 WC	3-5 WC	n/a
Jnat AM	8-10 WC	8-10 WC	8-10 WC	8-10 WC	8-10 WC	8-10 WC
Jnat PM	3-430 WC	3-430 WC	3-430 WC	3-430 WC	3-430 WC	n/a
Sr	5-630 WC	5-630 WC	5-630 WC	5-630 WC	5-630 WC	8-930 WC
Gold	10-1130 WC	10-1130 WC	10-1130 WC	10-1130 WC	10-1130 WC	10-1130 WC
Sil	5-615 WC	5-615 WC	5-615 WC	5-615 WC	5-615 WC	10-1115 WC
Bz	130-230 WC	3-4 WC	130-230 WC	3-4 WC	off	1045-1145 WC
Bl	130-230 WC	3-345 WC	130-230 WC	3-345 WC	off	off
Or	130-2 WC	off	130-2 WC	off	off	off

+Based on Pool Availability