

Barracuda Swim Team
2011 – 2012 WINTER Season Practice Schedule
September 19th, 2011 – March 23rd, 2011



Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Green Practice Group	4:30p –5:15p	4:30p –5:15p	NO Practice	4:30p –5:15p	4:15p –5:00p	NO Practice
Gold Practice Group	4:30p –5:30p	4:30p –5:30p	4:30p –5:30p	4:30p –5:30p	4:00p –5:00p	NO Practice
Junior Practice Group	4:30p – 5:00p*D 5:15p –6:30p	5:15p –6:30p	4:30p – 5:00p*D 5:15p –6:30p	5:15p –6:30p	3:00p –4:15p	NO Practice
Senior Practice Group (includes <i>High School</i> and <i>National Team</i> swimmers)	4:30p – 5:00p*D 5:30p –7:00p	5:45a 7:00a ^E 5:30p –7:00p	4:30p – 5:00p*D 5:30p –7:00p	5:45a 7:00a ^E 5:30p –7:00p	3:00p –4:30p 4:45p – 5:15p*D	T-B-D; possible option (at discretion of the Coaching Staff)

*D Dryland workout

^E Morning workouts begin October 11th

NOTE: Practice schedule subject to change at Coaching Staff's discretion.