

# 2010-2011 Hollidaysburg YMCA TIGERSHARKS SWIM TEAM

## Short Course Season Practice Schedule

# PLEASE NOTE!!

The first week of water practice starts Monday September 27<sup>th</sup> and runs through Thursday September 30<sup>th</sup> from 6:30 - 8:00. All swimmers should plan to attend these 4 sessions as coaches will be evaluating each swimmer. At the Coaches-Swimmers-Parents meeting at 7:30 on Thursday the 30<sup>th</sup> each swimmer will be provided with information as to which ability group he/she will be practicing with during the season and following the practice schedule below.

### 2010-2011 - Short Course Practice Schedules

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b><u>Mini's</u></b>					
Pool		6:00 – 6:30		6:00 – 6:30	
<b><u>NOVICE</u></b>					
Pool	6:00 – 7:00		6:00 – 7:00		6:00 – 7:00
<b><u>JUNIOR'S</u></b>					
Land		5:30 - 6:15		5:30 - 6:15	
Pool	6:30 – 8:15	6:30 – 8:15	6:30 – 8:30	6:30 – 8:15	6:30 – 8:15
<b><u>SENIORS</u></b>					
Land		5:30 - 6:15		5:30 - 6:15	
Pool	6:30 – 8:15	6:30 – 8:15	6:30 – 8:30	6:30 – 8:15	6:30 – 8:15

*Mondays and Tuesdays from 8:00 to 8:15 - coaches will meet with swimmers to discuss results and select events.*

*Thursdays from 8:00 to 8:15 - coaches will make themselves available to Parents*