

## FCA 2023 SCHOOLS OUT SUMMER PRACTICE SCHEDULE

Schedule starts Monday, June 19th. Subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim School						9:45-12pm	
Team Phoenix							
Mini		5:10-5:55pm		5:10-5:55pm			12:00-12:50pm
Novice		5:10-6:05pm		5:10-6:05pm			12:00-1:00pm
Junior I	9:30-11:30am Long Course @ Hidden Hollow*	6:05-7:00pm	5:30-7:00pm	6:05-7:00pm	5:30-7:00pm	8:00-8:30am (Dryland) 8:30-9:30am (swim)	1:00-2:30pm
Junior II	9:30-11:30am Long Course @ Hidden Hollow*	6:05-7:00pm	5:30-7:30pm Last 30 minutes dryland	6:05-7:00pm	5:30-7:00pm	8:00-8:30am (Dryland) 8:30-9:30am (swim)	1:00-2:30pm
Senior	6:30-8:15am 9:30-11:30am Long Course @ Hidden Hollow*	6:15-8:45pm (first 45min dryland)	6:30-8:15am 7:00-8:45pm	6:15-8:45pm (first 45min dryland)	6:30-8:15am	6:30-8:30am (swim) 8:30-9:00am (dryland)	

\*There will be a two vans available to assist in transportation to/from Hidden Hollow. Swimmers will need to sign up in advanced.

### Attendance Practice Requirements

**Mini** - 2 required

**Novice** - 2 required

**Junior I** - 3 required. 4 practices recommend especially for 2nd year J1 swimmers

**Junior II** - 4 recommended. 4 required for 2nd year J2 swimmers. 3 required for 1st year

**Senior** - 4 required. 1st year, 5 recommend. 2nd year, 6. 3rd year and on 7 practices. Tuesday & Thursday morning practices are not intended for athletes only practice for the day as they are only an hour. Ideally, athletes use this as an opportunity to complete a double

### Practice Equipment Requirements - Visit our TYR store to purchase and save 25%

**Mini** - None

**Novice** - None

**Junior I** - None

**Junior II** - Snorkel required. Fins, paddles (XS), & equipment bag recommended

**Senior** - All swimmers are expected to have their own equipment bag complete with: snorkel, fins, paddles (email coach Adam for size recommendation)