Southeastern Swim Club Practice Plan - April/May 2014 "Hang in there SSC....It's only 2 months and then a brand new pool!" NOTES! practice at HSE HS Instructional Pool ***the senior practice plan BLUE RED practice at FHS Natatorium is unique due to practice **SENIORS** W M Т R F SAT SUN plans within the main plan 530-7a for flexibility of different training groups (actual 7-10a groups published by 3-5p March 1st. 2014). **earlier start time will be BLUE practice at HSE HS Instructional Pool practice at FHS Natatorium **RED** difficult for carpools, **CUDAS** W M Т R SAT SUN added practice to increase flexibility 530-645a 430-630p BLUE practice at HSE HS Instructional Pool practice at FHS Natatorium ***added additional coach for workouts at FHS. **B-RUN** М W F SUN Т R SAT added practice to 430-630p increase flexibility 6-8p 645-830p **a practice was added **BLUE** practice at HSE HS Instructional Pool RED practice at FHS Natatorium for flexibility because of **SHARKS** M W R F SUN Т SAT inconsistent practice times, not necessarily for 830-10a all Sharks to increase the 430-630p number of workouts they 6-730p attend per week -6-8p welcome at all, but still 7-830p encouraged to attend 5 **BLUE** practice at HSE HS Instructional Pool RED practice at FHS Natatorium ***Dolphins do have inconsistent times but **DOLPHS** M W R F SUN Т SAT practice number per week 430-630p is the same and actual training time is increased 6-8p by 1 hour 645-830p BLUE practice at HSE HS Instructional Pool RED practice at FHS Natatorium **fairly similar to the past with minor adjustments T-RAYS W R F SAT SUN М T 11a-Noon 7-8p 730-830p RED **BLUE** practice at HSE HS Instructional Pool practice at FHS Natatorium **fairly similar to the past with minor adjustments **FFISH** W SUN M R F SAT Т 10-11a 6-7p 630-730p **BLUE** RED practice at HSE HS Instructional Pool practice at FHS Natatorium W **Swim Lessons** M R SAT SUN Noon-2p 4-6p

8-9p