

*"Hang in there SSC....It's only 2 months and then a brand new pool!"*

\*\*\*the senior practice plan is unique due to practice plans within the main plan for flexibility of different training groups (actual groups published by March 1st, 2014).

\*\*\*earlier start time will be difficult for carpools, added practice to increase flexibility

\*\*\*added additional coach  
for workouts at FHS,  
added practice to  
increase flexibility

\*\*\*a practice was added for flexibility because of inconsistent practice times, not necessarily for all Sharks to increase the number of workouts they attend per week - welcome at all, but still encouraged to attend 5

\*\*\*Dolphins do have inconsistent times but practice number per week is the same and actual training time is increased by 1 hour

\*\*\*fairly similar to the past  
with minor adjustments

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