

## **CATAWBA VALLEY AQUATIC CLUB**

## **PRACTICE SCHEDULE**

### **CATAWBA VALLEY AQUATIC CLUB PRACTICE SCHEDULE FALL/WINTER 2014-15**

Because of the size of the team, all swimmers must attend practice only during their scheduled group's allotted time. **PRACTICE STARTS MONDAY AUGUST 25, 2014. Please come prepared to pay USA Swimming registration of \$70.**

<b>SENIORS</b>	Monday thru Friday Saturday	5:00 to 7:00 PM 8:45 to 10:30 AM
<b>SENIOR DEVELOPMENT</b>	Tue, Thurs, & Fri Saturday	7:00 to 8:30 PM 8:45 to 10:30 AM
<b>AGE GROUP</b>	Tue, Thurs, & Fri Saturday	7:00 to 8:30 PM 8:45 to 10:30 AM
<b>RAYS</b>	Mon, Wed, and Fri Saturday	7:00 to 8:30 PM 10:30 to 12:00 NOON
<b>MIGHTY MITES</b>	Mon, Wed, and Fri Saturday	7:00 to 8:30 PM 10:30 to 12 noon
<b>MIGHTY MANTAS</b>	Mon. and Thur. Fri Saturday	6:00 to 7:15 pm 7:00 to 8:30 10:30 to 12:00 noon

**\*\*\*\*\*THIS SCHEDULE AND PRACTICE GROUPINGS ARE SUBJECT TO CHANGE\*\*\*\*\***

**ALL SWIMMERS SHOULD BE DILIGENT IN MAINTAINING A 70% ATTENDANCE LEVEL TO BE PREPARED FOR COMPETITION. All swimmers attending Championship level meets must attend 80% of their practices. Special circumstances will be handled by the coaches.**

**Mighty Mites and Rays practice ends at 8 pm on Mon/Wed through the first meet 9/20. They then swim until 8:15 until Oct. 1<sup>st</sup>, and then 8:30 going forward.**