

SWIM TEAM GROUPS & PRACTICE TIMES (As of 2/1/2022)

Group	Coach	PM Practice	AM Practice	Ages
10 Foundation	Jamie Gross, David Jimenez	Mon- 3:25-4:25 Tues- 4:25-5:40* Wed- 4:40-5:40 Thur-3:25-5:00* Fri- 4:40-5:40	N/A	10 & under
10 Growth	Scott Player, David Jimenez	Mon- 4:30-5:50* Tues- 3:35-4:55 Wed- 4:30-5:50* Thur- 4:35-5:45 Fri- 4:30-5:55*	Sat- 7:15-9:00	10 & under
12 Foundation	Ceallach Gibbons	Mon- 5:30-7:00* Tues- 5:45-7:00 Wed- 5:50-7:00 Thur- 3:25-5:20* Fri- 5:55-7:00	N/A	11-12
12 Growth	Scott Player, David Jimenez	Mon- 5:35-7:45* Tues- 5:40-7:00 Wed- 5:35-7:45* Thur- 3:25-4:50 Fri- 5:40-7:00	Sat- 9:00-11:30*	11-12

* Dryland

Group	Coach	PM Practice	AM Practice	Ages
14 Growth	Anika Apostalon, Ceallach Gibbons	Mon- 3:25-4:55 or 4:10-5:40 Tues- 3:25-5:35 or 4:00-6:00* Wed- off Thur- 4:25-7:00* Fri- 3:35-5:00	Wed- 5:15-7:00 Sat- 8:00-10:45*	13-14
Sr. Foundation	Cameron Ware, Anika Apostolon	Mon- 4:15-6:10* Tues- 3:25-4:45 or 4:35-5:55 Wed- 3:25-5:20* Thur- 5:40-7:00 Fri- 3:35-5:30*	N/A	13 & up
Sr. Growth	Jeff Klotz, Cameron Ware	Mon- 4:00-5:00* Tues- 3:25-4:50 or 4:30-5:55 Wed- 3:25-4:55 Thur- 4:45-7:00* Fri- 4:45-6:10	Mon- 5:15-7:00 Sat- 5:15-8:15*	15 & up
National	Hector Jimenez	Mon- 3:35-6:15* Tues- off Wed- 4:30-6:05* Thur- 4:10-6:30* Fri- 3:35-6:00 (Team)	Tues- 5:15-7:00 Thurs- 5:15-7:00 Sat- 7:00-10:15*	14 & up

* Dryland