

# RICHMOND RACERS SWIM TEAM PRACTICE SCHEDULE

*(September 4, 8th through March 31, 2019)*

Levels	Monday	Tuesday	Wednesday	Thursday	Friday
GREEN	4:30 – 5:30 PM		4:30 – 5:30 PM		
BLUE	4:30 – 5:30 PM		4:30 – 5:30 PM	4:30 - 5:30 PM <i>(Optional Exchange, by request only)</i>	
SILVER	5:30 – 6:30 PM <i>(Primary)</i> <u>Option by request only:</u> 4:30 – 5:30 PM <i>(limit 1 lane)</i>		5:30 – 6:30 PM <i>(Primary)</i> <u>Option by request only:</u> 4:30 – 5:30 PM <i>(limit 1 lane)</i>	4:30 - 5:30 PM <i>(Optional Exchange, by request only)</i>	4:30 – 5:30 PM
GOLD	5:30 – 7:00 PM		5:30 – 7:00 PM		4:30 – 5:30 PM
RED	5:30 – 7:00 PM	4:30 – 6:00 PM	5:30 – 7:00 PM	4:30 – 6:00 PM	5:30 – 7:00 PM
AG GOLD	5:30 – 7:00 PM	4:30 – 6:00 PM	5:30 – 7:00 PM	4:30 – 6:00 PM	5:30 – 7:00 PM
JUNIOR	5:30 – 7:00 PM	4:30 – 6:00 PM	5:30 – 7:00 PM	4:30 – 6:00 PM	5:30 – 7:00 PM
SENIOR	5:30 – 7:00 PM	4:30 – 6:00 PM	5:30 – 7:00 PM	4:30 – 6:00 PM	5:30 – 7:00 PM
<b>CSAC Practice Group:</b> <i>(RED and ABOVE only w/Coaches' approval). Up to 5 lanes, approx. 30 swimmers</i>					
Practice Period - Sept 4th through November 7 <sup>th</sup> . Each CSAC session begins with optional 30 min. dry land workout.					
RED AG GOLD - Sr.	4:30 – 6:30 PM 4:30 – 7:00 PM <i>(At CSAC)</i>	4:30 – 6:00 PM <i>(At Swansboro)</i>	4:30 – 6:30 PM 4:30 – 7:00 PM <i>(At CSAC)</i>	4:30 – 6:00 PM <i>(At Swansboro)</i>	5:30 – 7:00 PM <i>(At Swansboro)</i>
Practice Period - November 12th through March 13 <sup>th</sup> . Each CSAC session begins with optional 30 min. dry land workout.					
RED AG GOLD - Sr.	5:30 – 7:30 PM 5:30 – 8:00 PM <i>(At CSAC)</i>	4:30 – 6:00 PM <i>(At Swansboro)</i>	5:30 – 7:30 PM 5:30 – 8:00 PM <i>(At CSAC)</i>	4:30 – 6:00 PM <i>(At Swansboro)</i>	5:30 – 7:00 PM <i>(At Swansboro)</i>

**Notes:** Practice schedule is subject to change.

- Swansboro Pool is located behind Swansboro Elementary School – 3160 Midlothian Turnpike (at 32nd street intersection).
- Swim fins are required (a limited # of fins are available to borrow). Kick boards/pull bouys provided, to be returned after each practice.
- Test set will determine practice group advancement to Silver and above. Advancement at any time at the direction of Group Coach.
- Mon/Wed Silver optional practice is **not** at the swimmer's weekly discretion. Choose a practice time and commit to same weekly.
- Thursday Bl/Slv Option Is **not** at the swimmer's weekly discretion. Must have requested and commit to optional practice schedule or give notice ahead of time with coach for other special circumstance(s). Any other practice schedule adjustments must be discussed with and approved by Group Coach and Head Coach.