

# Metairie Competition Team 2024!&\$&5 SW cc`mYUf Schedule

5 i [ i gh%2H !A Uy'&6H '8\$&4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SENIOR</b>	3:45-5:30PM	A)5:15 - 7:00PM B) 6:45-8:30pm	AM Doubles during holidays  Girls: 3:45-5:30 Boys: 6:30-8:15	B)5:15-7:00PM  A6:45-8:30pm	5:45-7:15 AM  5:30-7:30pm	7:00-8:45am	
<b>JUNIOR</b>	6:15-8:00pm 6:15-6:30 S& C	4:00 - 5:30 PM Junior + 7:00-8:30pm	AM doubles during holidays	4:00-5:30 PM	5:45-7:15AM  4:00-5:30pm	Junior 8:30-10:00am Junior + 7:00-8:45am	
<b>PREP</b>	5:30-6:50pm 6:30-6:50 S&C	Prep + add on 4:00-5:30	5:30-6:30 PM			Prep 10:00-11:00am Prep + 8:30-10:00am	
<b>Little Waves</b>	4:50-5:30					10-11:00am	
<b>HPT</b>							Select Days/Times
<b>Senior WEIGHTS</b>	5:30-6:30pm		5:30--6:30 PM		4:30-5:30		

## Holidays/ modified schedules:

- Modified Schedule Labor Day Sept 4
- Some groups, no practice Halloween 10/31
- Modified Schedule: Thanksgiving Week 11
- Modified Schedule Christmas/New Years
- Modified schedule: Mardi Gras + Spring Break
- Weeks surrounding State Championships

## MINIMUMS Required Practice:

**Senior Team-** 5 practices/week  
**Junior Team-** 4 practices/week  
**Prep Team** - 2 practice/week  
**Prep +** : Must attend group maximums before adding  
**Junior +** Must attend 4 Junior workouts before adding  
**High Performance Team** practices will be added after the meet  
 schedule is confirmed



South Louisiana Swim Team