

FA Practice Schedule - Thanksgiving Through New Year

Week of 11/24						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pre-Comp	OFF					
8/U	5:00-5:45PM	OFF	5:00-5:45PM	OFF	OFF	Run & Swim
AG1	OFF	5:00-6:00PM	5:00-6:00PM	OFF	OFF	Run & Swim
AG2	5:00-6:00PM	5:00-6:00PM	OFF	OFF	OFF	Run & Swim
AG3	5:45-7:00PM	Dryland 5:00-5:45PM Swim 5:45-7:00PM	6:00-7:00PM	OFF	OFF	Run & Swim
SR	5:00-7:00PM	5:30-7:00AM 5:00-7:00PM	Dryland 5:00-5:45PM Swim 5:45-7:00PM	OFF	OFF	Run & Swim

Week of 12/1						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pre-Comp	OFF	5:00-5:45PM	OFF	5:00-5:45PM	OFF	OFF
8/U	5:00-5:45PM	OFF	5:00-5:45PM	OFF	OFF	OFF - AWAY MEET
AG1	OFF	OFF	5:00-6:00PM	OFF	5:00-6:00	OFF
AG2	5:00-6:00PM	5:00-6:00PM	OFF	5:00-6:00	Dryland 5:30-6:00 Swim 6:00-7:00PM	OFF
AG3	5:45-7:00PM	Dryland 5:00-5:45PM Swim 5:45-7:00PM	OFF	Dryland 5:00-5:45PM Swim 5:45-7:00PM	5:45-7:00	7:30-9:00AM

			Dryland 5:00-5:45PM Swim 5:45-7:00PM		Dryland 5:00-5:45PM Swim 5:45-7:00PM	
SR	5:00-7:00PM	5:30-7:00AM 5:00-7:00PM		5:30-7:00AM 5:00-7:00PM		7:00-9:00AM

Week of 12/8						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pre-Comp	OFF	5:00-5:45PM	OFF	5:00-5:45PM	OFF	OFF
8/U	5:00-5:45PM	OFF	5:00-5:45PM	OFF	OFF	OFF
AG1	OFF	OFF	5:00-6:00PM	OFF	5:00-6:00	OFF
AG2	5:00-6:00PM	5:00-6:00PM	OFF	5:00-6:00	Dryland 5:30-6:00 Swim 6:00-7:00PM	OFF
AG3	5:45-7:00PM	Dryland 5:00-5:45PM Swim 5:45-7:00PM	OFF	Dryland 5:00-5:45PM Swim 5:45-7:00PM	5:45-7:00	OFF
SR	5:00-7:00PM	5:30-7:00AM 5:00-7:00PM	Dryland 5:00-5:45PM Swim 5:45-7:00PM	5:30-7:00AM 5:00-7:00PM	Dryland 5:00-5:45PM Swim 5:45-7:00PM	OFF

Week of 12/15						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pre-Comp	OFF	5:00-5:45PM	OFF	5:45-6:30PM	MOVIE NIGHT 5:00-7:00PM	HOLIDAY FUN MEET 8:00-9:00AM

8/U	5:00-5:45PM	OFF	5:00-5:45PM	OFF	MOVIE NIGHT 5:00-7:00PM	HOLIDAY FUN MEET 8:00-9:00AM
AG1	OFF	OFF	5:00-6:00PM	OFF	MOVIE NIGHT 5:00-7:00PM	HOLIDAY FUN MEET 8:00-9:00AM
AG2	5:00-6:00PM	5:00-6:00PM	OFF	6:00-7:00PM	MOVIE NIGHT 5:00-7:00PM	HOLIDAY FUN MEET 8:00-9:00AM
AG3	5:45-7:00PM	Dryland 5:00- 5:45PM Swim 5:45- 7:00PM	OFF	Dryland 5:00- 5:45PM Swim 5:45- 7:00PM	MOVIE NIGHT 5:00-7:00PM	HOLIDAY FUN MEET 8:00-9:00AM
SR	5:00-7:00PM	5:30-7:00AM 5:00-7:00PM	Dryland 5:00- 5:45PM Swim 5:45- 7:00PM	5:30-7:00AM 6:00-7:00PM	MOVIE NIGHT 5:00-7:00PM	HOLIDAY FUN MEET 8:00-9:00AM

****Thursday is the first home meet for Fairfield Prep which results in a slight push back for swim**

Week of 12/22						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pre-Comp	OFF	OFF	OFF	OFF	OFF	OFF
8/U	5:00-5:45PM	OFF	OFF	OFF	11:00-11:45AM	8:15-9:00AM
AG1	OFF	OFF	OFF	OFF	11:00-12:00Noon	OFF
AG2	5:00-6:00PM	5:00-6:00PM	OFF	OFF	11:00-12:00Noon	OFF
AG3	5:45-7:00PM	Dryland 5:00- 5:45PM Swim 5:45- 7:00PM	OFF	OFF	11:45-1:00PM	7:30-9:00AM
SR	5:00-7:00PM	5:30-7:00AM 5:00-7:00PM	OFF	OFF	11:00-1:00PM	7:00-9:00AM

Week of 12/29						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pre-Comp	OFF	OFF	OFF	OFF	OFF	OFF
8/U	11:00-11:45AM	11:00-11:45AM	11:00-11:45AM	OFF	11:00-11:45AM	8:15-9:00AM
AG1	11:00-12:00Noon	11:00-12:00Noon	11:00-12:00Noon	OFF	11:00-12:00Noon	OFF
AG2	11:00-12:00Noon	11:00-12:00Noon	11:00-12:00Noon	OFF	11:00-12:00Noon	OFF
AG3	11:45-1:00PM	11:45-1:00PM	11:45-1:00PM	OFF	11:45-1:00PM	7:30-9:00AM
SR	11:00-1:00PM	11:00-1:00PM	11:00-1:00PM	OFF	11:00-1:00PM	7:00-9:00AM

Practice Schedule Week of 1/5 Through last week of March

Winter Schedule						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pre-Comp	OFF	5:00-5:45PM	OFF	5:00-5:45PM	OFF	OFF
8/U	5:00-5:45PM	OFF	5:00-5:45PM	OFF	OFF	8:15-9:00AM
AG1	OFF	OFF	5:00-6:00PM	OFF	5:00-6:00	OFF
AG2	5:00-6:00PM	5:00-6:00PM	OFF	5:00-6:00	Dryland 5:30-6:00 Swim 6:00-7:00PM	OFF
AG3	5:45-7:00PM	Dryland 5:00-5:45PM Swim 5:45-7:00PM	OFF	Dryland 5:00-5:45PM Swim 5:45-7:00PM	5:45-7:00	7:30-9:00AM
SR	5:00-7:00PM	5:30-7:00AM 5:00-7:00PM	Dryland 5:00-5:45PM Swim 5:45-7:00PM	5:30-7:00AM 5:00-7:00PM	Dryland 5:00-5:45PM Swim 5:45-7:00PM	7:00-9:00AM