

Spring/Summer Practice Schedule – 2010 “in school” schedule –

All swimmers should be ready for practice with required equipment (if any) at least 10 minutes before practices start. Dry Land (DL) starts immediately.

This “In School Schedule” start date for each group is listed. This schedule should end May 29,
however it is subject to change. Rev. 2/17/10

Group & Start date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AGD1 Start 3/30 off wk of 4/12	OFF	5:30-6:40 pm	OFF	5:30-6:40 pm	5:30-6:40 pm	OFF
AGD2 – Start 3/29 off wk of 4/12	5:30–6:55 pm	OFF	5:30–6:55 pm	5:30–6:55 pm	OFF	OFF
AGD3 Start 4/5	5:30-7:10 pm	5:30-6:55 pm	5:30-6:55 pm	OFF	5:30-6:55 PM	9:30–11:10 am
AGD4 Start 4/6	OFF	6:30 – 8:10 pm	6:45-8:25 pm	DL- 6:10-6:55 pm 7:00–8:25 pm	6:45-8:25 pm	DL 9:55-10:40 am 10:45 am–12:25 pm
AP1 Start 4/5	DL 6:15-7:00 pm 7:00-8:40 pm	OFF	4:00 - 5:40 pm	5:30-7:10 pm	DL-6:00-6:45 pm 6:45-8:25 pm	11:00 am-12:40 pm
AP2 Start 4/5	DL-5:45-6:45 pm 6:45-8:40 pm	6:45-8:40 pm	DL-5:45-6:45 pm 6:45-8:40pm	6:30-8:25 pm	5:00-6:55 pm	DL-8:45-9:45 am 7:00-8:45 am
Prep Start 4/5 <i>AM starts 4/19</i>	3:30-5:30 pm DL – 5:30-6:15 <u>AM – 5:10-6:45 am</u>	3:30-5:40 pm	<u>AM – 5:10-6:45 am</u> Off in afternoon**	3:30-5:40 pm	3:30-5:10 pm	DL-8:00-8:45 am 8:45-10:55 am
National Start 4/5 <i>AM starts 4/19</i>	3:30-5:40 pm <u>AM – 5:10-6:45 am</u>	3:30-5:30 pm DL-5:30-6:30	3:30-5:40 pm <u>AM – 5:10-6:45 am</u>	3:30-5:30 pm DL-5:30-6:30	3:30-5:40 pm <u>AM – 5:10-6:45 am</u>	7:00-9:30 am DL – 9:30-10:30

- Notes**
1. On Memorial Day, there will be no practices for AGD 1-4. AGP 1 & 2, Prep and National will have practices but at a different times
 2. No practices for any group on 4th of July
 3. Dry Land starts immediately.
 4. Practices are subject to change when the team is away at a meet or for other reasons. Be sure to always check the weekly newsletters for changes.
- Clippers Phone Number -- [859-342-4000](tel:859-342-4000) Web Site -- www.clipperswim.org Email – clippers.swimming@clipperswim.org

Practice schedule is subject to change.

2010 Spring/Summer Practice – “Out of School Schedule”

The estimated start is the week of June 1 – could change based upon end of school years for students. Rev. 2/17/10

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Age Group Development 1 Ends July 20	5:15-6:40 pm	OFF	OFF	OFF	OFF	OFF
Age Group Development 2 Ends July 20	5:15-6:40 pm	OFF	OFF	OFF	OFF	OFF
Age Group Development 3 Ends with last champ meet	8:30-10:10 am	10:30 am-12:15pm	10:30 am-12:15pm	OFF	OFF	9:30–11:10 am
	OFF	Off in the evening	7:00 – 8:10 p.m.	OFF	5:30-6:55 p.m.	OFF
Age Group Development 4 Ends with last champ meet	OFF	10:30 am-12:15p	10:30 am-12:15p	OFF	10:30 am-12:15p	10:45 am–12:25 pm
	DL - 5:40-6:25 pm 6:30-8:10 p.m.	6:00-7:40 p.m.	DL - 6:10-6:55 pm 7:00 – 8:25 p.m.	OFF	OFF	OFF
Age Performance 1 Ends with last champ meet	10:15 am-12:15p	8:30-10:25 a.m.	9:00-10:40 a.m.	OFF	10:15am-12:15p	11:00 am–12:40 pm
	OFF	DL - 5:15-6:00 pm 6:00-7:25 p.m.	5:30-7:10 p.m.	OFF	DL-4:45-5:30 pm 5:30-7:10 p.m.	OFF
Age Performance 2 Ends with last champ meet	DL - 9:00-10:00 am 10:00 am-12:15p	6:30-8:40 a.m.	6:30-8:40 a.m.	DL - 9:15-10:15 am 10:15a – 12:15 pm	8:30-10:40 a.m.	DL-8:45-9:45 am 7:00-8:45 am
	6:30-8:10 pm	OFF	5:30-7:10 p.m.	OFF	5:30-7:10 p.m.	OFF
Prep Ends with last champ meet	6:30-8:10 a.m.	8:30-10:40 a.m.	OFF	6:30-8:15 a.m. DL-8:15- 9:15 a.m.	6:30-8:25 a.m.	DL-7:45-8:45 am 8:45-10:45 am
	3:30-5:25 p.m.	4:30-6:00 p.m. DL -6:00-7:00 p.m.	3:45-5:40 p.m.	OFF	3:45-5:40 p.m.	OFF
National Ends with last champ meet	6:30-8:30 a.m. DL- 8:30-9:30	6:30-8:40 a.m.	6:30-9:00 a.m. DL – 9-10 a.m.	8:15-10:25 a.m.	6:30-8:30 a.m. DL – 8:30-9:30 a.m.	7:00-9:40 am
	3:15-5:25 p.m.	4:00-6:10 p.m.	3:30-5:40 p.m.	OFF	3:30-5:40 p.m.	OFF

For AGD3 and above whose last championship meet is the Long Course Regional Championship Meet, we will offer continuing conditioning practices 2-3 days per week for approximately 2 weeks after Regionals (Times/dates to be announced.)