



## Practice Schedule 2010 - 2011

### 1<sup>st</sup> day of practice:

13-14 and 15 & up: September 13  
 11 – 12 and 9-10: September 20  
 8 & under: September 27

	15 & up	13-14	11-12	9-10	8 & under
Monday	3:00 – 5:30 FF*	3:00 – 5:30 FF*	4:30 – 6:30 FF	6:15- 8:00 FF	6:15 – 8:00 FF
	3:30 – 5:30 EB*	3:30 – 5:30 EB*			
Tuesday	3:00 – 5:00 FF	3:00 – 5:00 FF	4:30 – 6:00 FF		
	3:30 – 5:30 EB	3:30 – 5:30 EB	7:00 – 8:30 EB	7:00 – 8:30 EB	7:00 – 8:30 EB
Wednesday	3:00 – 5:30 FF*	3:00 – 5:30 FF*	4:30 – 6:00 FF	6:00-7:30 FIT	6:00-7:30 FIT
	3:30 – 6 EB*	3:30 – 6 EB*	7-8:30 EB		
Thursday	3:00 – 5:30 FF*	3:00 – 5:30 FF*	4:30 – 6:00 FF	6:00-7:30 FIT	6:00-7:30 FIT
	3:30 – 6 EB*	3:30 – 6 EB*	7:15-9 EB		
Friday	3:00 – 5:00 FF	3:00 – 5:00 FF	4:30 – 6:00 FF		
	3:30 – 5:30 EB	3:30 – 5:30 EB	5:00 – 6:30 EB	6:30 – 8:00 EB	6:30 – 8:00 EB
Saturday	7am – 9:30 FF	7am – 9:30 FF	4pm – 6 EB	4pm – 6 EB	4pm – 6 EB
(non-meet days)					
Sunday	9:30am-11EB	9:30am-11EB	9:30am-11EB		
(non-meet days)					

\* - means the last 30 minutes of practice will be dry land out of the water. Swimmers should bring with them t-shirt, gym shorts and gym shoes. (13 and older only)

### Attendance Policy

Due to limited practice times and space, we ask that every effort is made to arrive at practices on time. Your swimmer will be expected to practice the maximum days required, when there is a conflict, arrangements must be made with the coach. Changes in the practice schedule will be posted on Flippers Bulletin Board located at your branch and on our website [www.gmvyswimming.com](http://www.gmvyswimming.com) for your convenience.

Swimming is a sport built on training. Without the proper training a swimmer will probably not see the success that could be achieved. **All swimmers are expected to attend at least three practices a week.**

Please note that daily attendance will be recorded by the coach during practice, noting presence, promptness, and performance. This will be utilized to determine team awards, meet line-ups, and relays.

High school and Middle School aged swimmers will not be training exclusively with the Flippers practice sessions, but they will be required to actively participate in high school/middle school practices and attend a set amount of practices to be eligible for YMCA Championship meets. The recommended guideline is as follows:

To participate in League Championships	20 practices
To participate in Zones	22 practices
To participate in Nationals	26 practices

