

FCY Practice Calendar

Purple= Mandatory

Blue= Optional Invitational for all Swimmers

Green= USA Swimmers ONLY- check info for qualifiers or time limits

Highlighted important for all

September						
Sept 2 updated						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		3	4 6:00-7:15 FP 7:15-8:45 F/NT/Plus	5 4-5 RT 5- 5:45 Ripples 6-8 Force/Plus/NT (WHS) 6-7 LT A (WHS) 7-8 LT B (WHS)	6 4:15-5:45 FP 6:45 -7:45 RT 7:45-9:15 F NT Plus	7 7:15-9:00am F NT Plus
<p>8 Returning families in Tide Pool, Ripple, Low Tide and Rip Tide (mandatory): 12:10 – 12:50 Returning families in Force Prep, Plus, Force and National Team (mandatory): 12:50- 1:30 Families new to the team and new from 2019 summer: 11:00 – 12:10 2:00 –2:50 NT/ F /Plus Studio C Discussion Day of what we expect and what we would like to see 3-5 F NT PLUS 5 – 6:15 FP 5-5:45 Ripples C 6:15-7:15 LT 7:15 – 8:15 RT 5:30-6:15 TidePool (fisher pool) 6:15-7:00 ripples A group (fisher pool) 7:00-7:45 ripples B group (fisher pool)</p>	9 6:15-8 F & NT	10 4:00-5:30 FP 5:30-6:30 Ripples (WHS) 3 lanes 5:30 – 6:15 TP (WHS) 1 lane 5:30-6:30 LT A (WHS) 2 lanes 6:30-7:30 LT B (WHS) 2 lanes 6:30-8:30 F/NT (WHS) 4 lanes 6:30 -8:30 PLUS- because no Sat offered (WHS)	11 6:00-7:15 FP 7:15-8:45 F/NT/Plus	12 4-5 RT 5- 5:45 Ripples 6-8 Force/Plus/NT (WHS) 6-7 LT A (WHS) 7-8 LT B (WHS)	13 4:15-5:45 FP 6:45 -7:45 RT 7:45-9:15 F NT Plus	14 USA Coaches Training JCC 9-12
15 1:30 –2:50 X-Training NT/ F /Plus Studio C	16 5:00-6:15AM YMCA NT	17 4:00-5:30 FP	18 5:00-6:15AM NT_YMCA	19 4-5 RT 5- 5:45 Ripples	20 4:15-5:45 FP BRING A SNACK	21 7:15-9:00am F NT Plus

<p><u>3-5</u> F NT PLUS 5:15-6:00 F NT PLUS GOAL SETTING 4-4:50 FP x-training Studio A 5 – 6:15 FP 5-5:45 Ripples C 6:15-7:15 LT 6:15-7:00 RT X-training Studio A 7:15 – 8:15 RT</p> <p>5:30-6:15 TidePool (fisher pool) 6:15-7:00 ripples A group (fisher pool) 7:00-7:45 ripples B group (fisher pool)</p>	<p>5:00 – 6:15 PM National Team Weights <u>6:15</u>-8 F & NT</p>	<p>5:30-6:30 Ripples (WHS) 3 lanes 5:30 – 6:15 TP (WHS 1 lane) 5:30-6:30 LT A (WHS) 2 lanes 6:30-7:30 LT B (WHS) 2 lanes 6:30-8:30 F/NT (WHS) 4 lanes</p> <p>7:30-8:30 USA swimmers from rt (WHS) 2 lanes</p>	<p>6:15-7:15 USA swimmers from LT <u>6:00</u>-7:15 FP 7:30-8:15 FP x-training track and stairs</p> <p>6-7 Force Weights 6-7 NT optional/ Plus X-training track and stairs 7:15-8:45 F/NT/Plus</p>	<p>6-8 Force/Plus (WHS) 6-7 LT A (WHS) 7-8 LT B (WHS)</p>	<p>6:30 -7:30 Cross training FP/ Plus (optional) studio 6:45 -7:45 RT 6:15- 7:30 weight room Force and NT 7:45-9:15 F NT Plus</p>	
<p>22 SUIT FITTINGS</p> <p>1:30 -2:50 X-Training NT/ F /Plus Studio C <u>3-5</u> F NT PLUS 4-4:50 FP x-training Studio A 5 – 6:15 FP 5-5:45 Ripples C 6:15-7:15 LT 6:15-7:00 RT X-training Studio A 7:15 – 8:15 RT</p> <p>5:30-6:15 TidePool (fisher pool) 6:15-7:00 ripples A group (fisher pool) 7:00-7:45 ripples B group (fisher pool)</p>	<p>23 5:00-6:15AM YMCA NT 5:00 – 6:15 PM National Team Weights <u>6:15</u>-8 F & NT</p>	<p>24 4:00-5:30 FP 5:30-6:30 Ripples (WHS) 3 lanes 5:30 – 6:15 TP (WHS) 1 lane 5:30-6:30 LT A (WHS) 2 lanes 6:30-7:30 LT B (WHS) 2 lanes 6:30-8:30 F/NT (WHS) 4 lanes 6:30 -8:30 PLUS- because no Sat offered (WHS)</p>	<p>25 5:00-6:15AM NT_YMCA 6:15-7:15 USA swimmers from LT <u>6:00</u>-7:15 FP 7:30-8:15 FP x-training track and stairs</p> <p>6-7 Force Weights 6-7 NT optional/ Plus X-training track and stairs 7:15-8:45 F/NT/Plus</p>	<p>26 4-5 RT 5- 5:45 Ripples 6-8 Force/Plus (WHS) 6-7 LT A (WHS) 7-8 LT B (WHS) NT: Body Pump 5:25 NO PM SWIM</p>	<p>27 4:15-5:45 FP BRING A SNACK 6:30 -7:30 Cross training FP/ Plus (optional) studio 6:45 -7:45 RT 6:15- 7:30 weight room Force and NT 7:45-9:15 F NT Plus</p>	<p>28 Coaches Training for Certifications 7:30 -10:15 Coaches safety and CPR 10:15- 12:00 Stroke discussions and sequence of strokes training</p>
<p>29 1:30 -2:50 X-Training NT/ F /Plus Studio C <u>3-5</u> F NT PLUS 5:15-6:00 F NT PLUS Goal Setting Finalization 3-4:50 FP Goal Setting and x-training Studio A 5 – 6:15 FP 5-5:45 Ripples C 6:15-7:15 LT 6:15-7:00 RT X-training Studio A 7:15 – 8:15 RT</p>	<p>30 5:00-6:15AM YMCA NT 5:00 – 6:15 PM National Team Weights <u>6:15</u>-8 F & NT</p>					

5:30-6:15 Tide Pool (fisher pool) 6:15-7:00 ripples A group (fisher pool) 7:00-7:45 ripples B group (fisher pool)						

October						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>5:00-6:15AM (WHS) NT F, Plus, FP</p> <p>4:00-5:30 FP</p> <p>5:30-6:30 Ripples (WHS) 3 lanes 5:30 – 6:15 TP (WHS) 1 lane 5:30-6:30 LT A (WHS) 2 lanes 6:30-7:30 LT B (WHS) 2 lanes 6:30-8:30 F/NT (WHS) 4 lanes</p> <p>7:30-8:30 USA swimmers from rt (WHS) 2 lanes</p>	<p>2</p> <p>5:00-6:15AM NT_YMCA</p> <p>6:15-7:15 USA swimmers from LT</p> <p><u>6:00</u> -7:15 FP 7:30-8:15 FP x-training track and stairs</p> <p>6-7 Force Weights 6-7 NT optional/ Plus X-training track and stairs 7:15-8:45 F/NT/Plus</p>	<p>3</p> <p>5:00-6:15AM (WHS) PLUS, FP NT, F</p> <p>4-5 RT 5- 5:45 Ripples</p> <p>6-8 Force/Plus (WHS) 6-7 LT A (WHS) 7-8 LT B (WHS)</p> <p>NT: Body Pump 5:25 NO PM SWIM</p>	<p>4</p> <p>4:15-5:45 FP BRING A SNACK 6:30 -7:30 Cross training FP/ Plus (optional) studio</p> <p>6:45 -7:45 RT</p> <p>6:15- 7:30 weight room Force and NT 7:45-9:15 F NT Plus</p>	<p>5</p> <p>7:15-9:00am F NT Plus</p>
<p>6</p> <p>1:00 -2:00 X-Training NT/ F /Plus Studio C 2:00-3:00 NT/ F /Plus Visualization 3-5 F NT PLUS 3-4:50 FP Goal Setting Finalization and x-training Studio A 5 – 6:15 FP 5-5:45 Ripples A 6:15-7:15 LT 5:15-6:15 RT Goal Setting 6:15-7:00 RT X-training Studio A 7:15 – 8:15 RT</p> <p>5:30-6:15 Tide Pool (fisher pool)</p>	<p>7</p> <p>5:00-6:15AM YMCA NT</p> <p>5:00 – 6:15 PM National Team Weights <u>6:15</u>-8 F & NT</p>	<p>8</p> <p>5:00-6:15AM (WHS) NT F, Plus, FP</p> <p>4:00-5:30 FP</p> <p>5:30-6:30 Ripples (WHS) 3 lanes 5:30 – 6:15 TP (WHS) 1 lane 5:30-6:30 LT A (WHS) 2 lanes 6:30-7:30 LT B (WHS) 2 lanes 6:30-8:30 F/NT (WHS) 4 lanes</p>	<p>9</p> <p>5:00-6:15AM NT_YMCA</p> <p>6:15-7:15 USA swimmers from LT</p> <p><u>6:00</u> -7:15 FP 7:30-8:15 FP x-training track and stairs</p> <p>6-7 Force Weights 6-7 NT optional/ Plus X-training track and stairs 7:15-8:45 F/NT/Plus</p>	<p>10</p> <p>5:00-6:15AM (WHS) PLUS, FP NT, F</p> <p>4-5 RT 5- 5:45 Ripples</p> <p>6-8 Force/Plus (WHS) 6-7 LT A (WHS) 7-8 LT B (WHS)</p> <p>NT: Body Pump 5:25 NO PM SWIM</p>	<p>11</p> <p>4:15-5:45 FP BRING A SNACK 6:30 -7:30 Cross training FP/ Plus (optional) studio</p> <p>6:45 -7:45 RT</p> <p>6:15- 7:30 weight room Force and NT 7:45-9:15 F NT Plus</p>	<p>12</p> <p>YCM FALL INVITATIONAL Optional</p>

<p>6:15-7:00 ripples A group (fisher pool) 7:00-7:45 ripples B group (fisher pool)</p>		<p>6:30 -8:30 PLUS- because no Sat offered (WHS)</p> <p>7:30-8:30 USA swimmers from rt (WHS) 2 lanes</p>				
<p>13 YCM FALL INVITATIONAL Optional</p>	<p>14 5:00-6:15AM YMCA NT</p> <p>5:00 – 6:15 PM National Team Weights 6:15-8 F & NT</p>	<p>15 5:00-6:15AM (WHS) NT F, Plus, FP</p> <p>4:00-5:30 FP</p> <p>5:30-6:30 Ripples (WHS) 3 lanes 5:30 – 6:15 TP (WHS) 1 lane 5:30-6:30 LT A (WHS) 2 lanes 6:30-7:30 LT B (WHS) 2 lanes 6:30-8:30 F/NT (WHS) 4 lanes</p>	<p>16 5:00-6:15AM NT_YMCA</p> <p>6:15-7:15 USA swimmers from LT</p> <p>6:00-7:15 FP 7:30-8:15 FP x-training track and stairs</p> <p>6-7 Force Weights 6-7 NT optional/ Plus X-training track and stairs 7:15-8:45 F/NT/Plus</p>	<p>17 5:00-6:15AM (WHS) PLUS, FP NT, F</p> <p>4-5 RT 5- 5:45 Ripples</p> <p>6-8 Force/Plus (WHS) 6-7 LT A (WHS) 7-8 LT B (WHS)</p> <p>NT: Body Pump 5:25 NO PM SWIM</p>	<p>18 4:15-5:45 FP BRING A SNACK 6:30 -7:30 Cross training FP/ Plus (optional) studio</p> <p>6:45 -7:45 RT</p> <p>6:15- 7:30 weight room Force and NT 7:45-9:15 F NT Plus</p>	<p>19 7:15-9:00am F NT Plus</p>
<p>20</p> <p>1:30 -2:50 X-Training NT/ F /Plus Studio C 3-5 F NT PLUS 4-4:50 FP x-training Studio A 5 – 6:15 FP 5-5:45 Ripples C 6:15-7:15 LT 6:15-7:00 RT X-training Studio A 7:15 – 8:15 RT</p> <p>5:30-6:15 TidePool (fisher pool) 6:15-7:00 ripples A group (fisher pool) 7:00-7:45 ripples B group (fisher pool)</p>	<p>21 5:00-6:15AM YMCA NT</p> <p>5:00 – 6:15 PM National Team Weights 6:15-8 F & NT</p>	<p>22 5:00-6:15AM (WHS) NT F, Plus, FP</p> <p>4:00-5:30 FP</p> <p>5:30-6:30 Ripples (WHS) 3 lanes 5:30 – 6:15 TP (WHS) 1 lane 5:30-6:30 LT A (WHS) 2 lanes 6:30-7:30 LT B (WHS) 2 lanes 6:30-8:30 F/NT (WHS) 4 lanes</p>	<p>23 5:00-6:15AM NT_YMCA</p> <p>6:15-7:15 USA swimmers from LT</p> <p>6:00-7:15 FP 7:30-8:15 FP x-training track and stairs</p> <p>6-7 Force Weights 6-7 NT optional/ Plus X-training track and stairs 7:15-8:45 F/NT/Plus</p>	<p>24 5:00-6:15AM (WHS) PLUS, FP NT, F</p> <p>4-5 RT 5- 5:45 Ripples</p> <p>6-8 Force/Plus (WHS) 6-7 LT A (WHS) 7-8 LT B (WHS)</p> <p>NT: Body Pump 5:25 NO PM SWIM</p>	<p>25 4:15-5:45 FP BRING A SNACK 6:30 -7:30 Cross training FP/ Plus (optional) studio</p> <p>6:45 -7:45 RT</p> <p>6:15- 7:30 weight room Force and NT 7:45-9:15 F NT Plus</p>	<p>26 Halloween Virtual Meet @ Home AM Meet (Mandatory)</p> <p>COME DRESSED FOR HALLOWEEN FOR A GROUP PICTURE</p>

		6:30 -8:30 PLUS- because no Sat offered (WHS) 7:30-8:30 USA swimmers from rt (WHS) 2 lanes			
27 1:30 -2:50 X-Training NT/ F /Plus Studio C 3-5 F NT PLUS 4-4:50 FP and x-training Studio A 5 - 6:15 FP 5-5:45 Ripples C 5:15-6:15 LT Goal Setting (Parents Welcome) 6:15-7:15 LT 6:15-7:00 RT X-training Studio A 7:15 - 8:15 RT 5:30-6:15 Tide Pool (fisher pool) 6:15-7:00 ripples A group (fisher pool) 7:00-7:45 ripples B group (fisher pool)	28 5:00-6:15AM YMCA NT 5:00 - 6:15 PM National Team Weights <u>6:15</u> -8 F & NT	29 5:00-6:15AM (WHS) NT F, Plus, FP 4:00-5:30 FP 5:30-6:30 Ripples (WHS) 3 lanes 5:30 - 6:15 TP (WHS) 1 lane 5:30-6:30 LT A (WHS) 2 lanes 6:30-7:30 LT B (WHS) 2 lanes 6:30-8:30 F/NT (WHS) 4 lanes 6:30 -8:30 PLUS- because no Sat offered (WHS) 7:30-8:30 USA swimmers from rt (WHS) 2 lanes	30 5:00-6:15AM NT_YMCA 6:15-7:15 USA swimmers from LT <u>6:00</u> -7:15 FP 7:30-8:15 FP x-training track and stairs 6-7 Force Weights 6-7 NT optional/ Plus X-training track and stairs 7:15-8:45 F/NT/Plus	31 4-5:45 NT/ Force/Plus (WHS) NT: Body Pump 5:25 NO PM SWIM HALLOWEEN ENJOY YOUR EVENING	

November						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 4:15-5:45 FP BRING A SNACK 6:30 -7:30 Cross training FP/ Plus (optional) studio 6:45 -7:45 RT 6:15- 7:30 weight room Force and NT	2 Optional Invitational Opening Gun

					7:45-9:15 F NT Plus	
<p>3</p> <p>1:00 -2:00 X-Training NT/ F /Plus Studio C 2:00-3:00 NT/F/Plus Visualization 3-5_ F NT PLUS 3-4:50 FP Visualization and x-training Studio A 5 - 6:15 FP 5-5:45 Ripples A 6:15-7:15 LT 5:15-6:15 RT Visualization 6:15-7:00 RT X-training Studio A 7:15 - 8:15 RT</p> <p>5:30-6:15 Tide Pool (fisher pool) 6:15-7:00 ripples A group (fisher pool) 7:00-7:45 ripples B group (fisher pool)</p>	<p>4</p> <p>5:00-6:15AM YMCA NT</p> <p>5:00 - 6:15 PM National Team Weights 6:15-8 F & NT</p>	<p>5</p> <p>5:00-6:15AM (WHS) NT F, Plus, FP</p> <p>4:00-5:30 FP</p> <p>5:30-6:30 Ripples (WHS) 3 lanes 5:30 - 6:15 TP (WHS) 1 lane 5:30-6:30 LT A (WHS) 2 lanes 6:30-7:30 LT B (WHS) 2 lanes 6:30-8:30 F/NT (WHS) 4 lanes</p>	<p>6</p> <p>5:00-6:15AM NT_YMCA</p> <p>6:15-7:15 USA swimmers from LT</p> <p>6:00 -7:15 FP 7:30-8:15 FP x-training track and stairs</p> <p>6-7 Force Weights 6-7 NT optional/ Plus X-training track and stairs 7:15-8:45 F/NT/Plus</p>	<p>7</p> <p>5:00-6:15AM (WHS) PLUS, FP NT, F</p> <p>4-5 RT 5- 5:45 Ripples</p> <p>6-8 Force/Plus (WHS) 6-7 LT A (WHS) 7-8 LT B (WHS)</p> <p>NT: Body Pump 5:25 NO PM SWIM</p>	<p>8</p> <p>SPIRIT PRACTICE</p> <p>4:30-5:45 TP Ripples LT RT</p> <p>POSSIBLE DINNER OUT</p> <p>7:00 -8:30 FP/Force</p>	<p>9</p> <p>7:15-9:00am F NT Plus</p>
<p>10 FCY @ RY (Reston) Mandatory AM/PM meet depending on age and gender</p>	<p>11</p> <p>5:00-6:15AM YMCA NT</p> <p>5:00 - 6:15 PM National Team Weights 6:15-8 F & NT</p>	<p>5:00-6:15AM (WHS) NT F, Plus, FP</p> <p>4:00-5:30 FP</p> <p>5:30-6:30 Ripples (WHS) 3 lanes 5:30 - 6:15 TP (WHS) 1 lane 5:30-6:30 LT A (WHS) 2 lanes 6:30-7:30 LT B (WHS) 2 lanes 6:30-8:30 F/NT (WHS) 4 lanes</p>	<p>13</p> <p>5:00-6:15AM NT_YMCA</p> <p>6:15-7:15 USA swimmers from LT</p> <p>6:00 -7:15 FP 7:30-8:15 FP x-training track and stairs</p> <p>6-7 Force Weights 6-7 NT optional/ Plus X-training track and stairs 7:15-8:45 F/NT/Plus</p>	<p>14</p> <p>5:00-6:15AM (WHS) PLUS, FP NT, F</p> <p>4-5 RT 5- 5:45 Ripples</p> <p>6-8 Force/Plus (WHS) 6-7 LT A (WHS) 7-8 LT B (WHS)</p> <p>NT: Body Pump 5:25 NO PM SWIM</p>	<p>15</p> <p>4:15-5:45 FP BRING A SNACK 6:30 -7:30 Cross training FP/ Plus (optional) studio</p> <p>6:45 -7:45 RT</p> <p>6:15- 7:30 weight room Force and NT 7:45-9:15 F NT Plus</p>	<p>16</p> <p>7:15-9:00am F NT Plus</p>
<p>17</p> <p>1:30 -2:50 X-Training NT/ F /Plus Studio C 3-5_ F NT PLUS 4-4:50 FP and x-training Studio A 5 - 6:15 FP 5-5:45 Ripples C 6:15-7:15 LT</p>	<p>18</p> <p>5:00-6:15AM YMCA NT</p> <p>5:00 - 6:15 PM National</p>	<p>19</p> <p>5:00-6:15AM (WHS) NT F, Plus, FP</p> <p>4:00-5:30 FP</p> <p>5:30-6:30 Ripples (WHS) 3 lanes</p>	<p>20</p> <p>5:00-6:15AM NT_YMCA</p> <p>6:15-7:15 USA swimmers from LT</p> <p>6:00 -7:15 FP 7:30-8:15 FP x-training track and stairs</p>	<p>21</p> <p>5:00-6:15AM (WHS) PLUS, FP NT, F</p> <p>4-5 RT 5- 5:45 Ripples</p>	<p>22</p> <p>4:15-5:45 FP BRING A SNACK 6:30 -7:30 Cross training FP/ Plus (optional) studio</p> <p>6:45 -7:45 RT</p>	<p>23</p> <p>7:15-9:00am F NT Plus</p>

6:15-7:00 RT X-training Studio A 7:15 – 8:15 RT 5:30-6:15 Tide Pool (fisher pool) 6:15-7:00 ripples A group (fisher pool) 7:00-7:45 ripples B group (fisher pool)	Team Weights 6:15-8 F & NT	5:30 – 6:15 TP (WHS) 1 lane 5:30-6:30 LT A (WHS) 2 lanes 6:30-7:30 LT B (WHS) 2 lanes 6:30-8:30 F/NT (WHS) 4 lanes	6-7 Force Weights 6-7 NT optional/ Plus X-training track and stairs 7:15-8:45 F/NT/Plus	6-8 Force/Plus (WHS) 6-7 LT A (WHS) 7-8 LT B (WHS) NT: Body Pump 5:25 NO PM SWIM	6:15- 7:30 weight room Force and NT 7:45-9:15 F NT Plus	
24 1:30 –2:50 X-Training NT/ F /Plus Studio C 3-5 F NT PLUS 4-4:50 FP and x-training Studio A 5 – 6:15 FP 5-5:45 Ripples C 6:15-7:15 LT 6:15-7:00 RT X-training Studio A 7:15 – 8:15 RT 5:30-6:15 Tide Pool (fisher pool) 6:15-7:00 ripples A group (fisher pool) 7:00-7:45 ripples B group (fisher pool)	25 5:00-6:15AM YMCA NT 5:00 – 6:15 PM National Team Weights 6:15-8 F & NT	26 5:00-6:15AM (WHS) NT F, Plus, FP 4:00-5:30 FP 5:30-6:30 Ripples (WHS) 3 lanes 5:30 – 6:15 TP (WHS) 1 lane 5:30-6:30 LT A (WHS) 2 lanes 6:30-7:30 LT B (WHS) 2 lanes 6:30-8:30 F/NT (WHS) 4 lanes	27 5:00-6:15AM NT_YMCA 6:15-7:15 USA swimmers from LT 6:00 -7:15 FP 7:30-8:15 FP x-training track and stairs 6-7 Force Weights 6-7 NT optional/ Plus X-training track and stairs 7:15-8:45 F/NT/Plus	28 HAPPY THANKSGIVING	29 4:15-5:45 FP BRING A SNACK 6:30 -7:30 Cross training FP/ Plus (optional) studio 6:45 -7:45 RT 6:15- 7:30 weight room Force and NT 7:45-9:15 F NT Plus	30 7:15-9:00am F NT Plus

December						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1:00 –2:00 X-Training NT/ F /Plus Studio C NON Yota Swimmers ONLY 2:00-3:00 NT/F/Plus Visualization 3-5 F NT PLUS 3-4:50 FP Visualization and x-training Studio A 5 – 6:15 FP 5-5:45 Ripples A 6:15-7:15 LT 5:15-6:15 RT Visualization 6:15-7:00 RT X-training Studio A 7:15 – 8:15 RT	2 5:00-6:15AM YMCA NT 5:00 – 6:15 PM National Team Weights 6:15-8 F & NT	3 5:00-6:15AM (WHS) NT F, Plus, FP 4:00-5:30 FP 5:30-6:30 Ripples (WHS) 3 lanes 5:30 – 6:15 TP (WHS) 1 lane 5:30-6:30 LT A (WHS) 2 lanes 6:30-7:30 LT B (WHS) 2 lanes	4 5:00-6:15AM NT_YMCA 6:15-7:15 USA swimmers from LT 6:00 -7:15 FP 7:30-8:15 FP x-training track and stairs NON Yota Swimmers ONLY 6-7 Force Weights 6-7 NT optional/ Plus X-training track and stairs NON Yota Swimmers ONLY 7:15-8:45 F/NT/Plus	5 5:00-6:15AM (WHS) PLUS, FP NT, F 4-5 RT 5- 5:45 Ripples 6-8 Force/Plus (WHS) 6-7 LT A (WHS) 7-8 LT B (WHS)	6 YOTA Capital Classic Cary NC 4:15-5:45 FP BRING A SNACK 6:30 -7:30 Cross training FP/ Plus (optional) studio NON Yota Swimmers ONLY 6:45 -7:45 RT 6:15- 7:30 weight room Force and NT NON Yota Swimmers ONLY 7:45-9:15 F NT Plus	7 YOTA Capital Classic Cary NC

5:30-6:15 Tide Pool (fisher pool) 6:15-7:00 ripples A group (fisher pool) 7:00-7:45 ripples B group (fisher pool)		6:30-8:30 F/NT (WHS) 4 lanes 6:30 -8:30 PLUS- because no Sat offered (WHS) 7:30-8:30 USA swimmers from rt (WHS) 2 lanes		NT: Body Pump 5:25 NO PM SWIM		
8 YOTA Capital Classic Cary NC 1:30 -2:50 X-Training NT/ F /Plus Studio C 3-5 F NT PLUS 4-4:50 FP and x-training Studio A 5 - 6:15 FP 5-5:45 Ripples C 6:15-7:15 LT 6:15-7:00 RT X-training Studio A 7:15 - 8:15 RT 5:30-6:15 Tide Pool (fisher pool) 6:15-7:00 ripples A group (fisher pool) 7:00-7:45 ripples B group (fisher pool)	9 5:00-6:15AM YMCA NT 5:00 - 6:15 PM National Team Weights 6:15 -8 F & NT	10 5:00-6:15AM (WHS) NT F, Plus, FP 4:00-5:30 FP 5:30-6:30 Ripples (WHS) 3 lanes 5:30 - 6:15 TP (WHS) 1 lane 5:30-6:30 LT A (WHS) 2 lanes 6:30-7:30 LT B (WHS) 2 lanes 6:30-8:30 F/NT (WHS) 4 lanes 6:30 -8:30 PLUS- because no Sat offered (WHS) 7:30-8:30 USA swimmers from rt (WHS) 2 lanes	11 5:00-6:15AM NT_YMCA 6:15-7:15 USA swimmers from LT 6:00 -7:15 FP 7:30-8:15 FP x-training track and stairs 6-7 Force Weights 6-7 NT optional/ Plus X-training track and stairs 7:15-8:45 F/NT/Plus	12 5:00-6:15AM (WHS) PLUS, FP NT, F 4-5 RT 5- 5:45 Ripples 6-8 Force/Plus (WHS) 6-7 LT A (WHS) 7-8 LT B (WHS) NT: Body Pump 5:25 NO PM SWIM	13 Optional HAGY INV 4:15-5:45 FP BRING A SNACK 6:30 -7:30 Cross training FP/ Plus (optional) studio 6:45 -7:45 RT 6:15- 7:30 weight room Force and NT 7:45-9:15 F NT Plus	14 Optional HAGY INV
15	16	17	18	19	20	21 FCY @ CCY Carol County YMCA (Mandatory) afternoon meet
22 It is officially Winter. Bring a pair of gloves to swim with at practice.	23	24 NO PRACTICES	25 NO PRACTICES	26	27	28
29	30	31				

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January						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 NO PRACTICES	2	3	4
5 1:00 -2:00 X-Training NT/ F /Plus Studio C 2:00-3:00 NT/F/Plus Visualization 3-5 F NT PLUS 3-4:50 FP Visualization and x-training Studio A 5 - 6:15 FP 5-5:45 Ripples A 6:15-7:15 LT 5:15-6:15 RT Visualization 6:15-7:00 RT X-training Studio A 7:15 - 8:15 RT 5:30-6:15 Tide Pool (fisher pool) 6:15-7:00 ripples A group (fisher pool) 7:00-7:45 ripples B group (fisher pool)	6	7	8	9	10	11
12	13	14	15	16	17 Winterfest	18 Winterfest
19 Winterfest	20	21	22	23	24	25 Optional Cumberland INV
26 Goal setting	27	28	29	30	31	

February						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Tri Meet HAGY CUY at Home

						(Mandatory) Morning Meet
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20 LSC Senior Championships - Independent	21 LSC Senior Championships - Independent	22 C&P Championship Meet for ALL Swimmers Who do not make all events for Districts (Mandatory) 12 and under Sat, 13 and Older Sun, Optional Extra events Sun afternoon all ages welcome LSC Senior Championships - Independent
23 C&P Championship Meet for ALL Swimmers Who do not make all events for Districts (Mandatory) 12 and under Sat, 13 and Older Sun, Optional Extra events Sun afternoon all ages welcome LSC Senior Championships - Independent	24	25	26	27	28	29

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8 and Under Mini/Championship Meet Invitational	2	3	4	5 14 and under MD LSC Championships	6 14 and under MD LSC Championships	7 14 and under MD LSC Championships
8 14 and under MD LSC Championships	9	10	11	12	13 District Swim Meet for those who qualified (Mandatory)	14 District Swim Meet for those who qualified (Mandatory)
15 District Swim Meet for those who qualified (Mandatory)	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 YMCA Nationals	31 YMCA Nationals				

April						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 YMCA Nationals	2 YMCA Nationals	3 YMCA Nationals	4
5	6	7	8	9	10	11

