

**Practice Schedules for the Rockwood Swim Club
September 7- until cold (approx mid-October)**

(please note: exact date for schedule change depends on weather; remainder of schedule on reverse side of this sheet)

<u>Group</u>	<u>Pool</u>	<u>Day</u>	<u>Time</u>
Bronze	Eureka	Mon & Wed	6:00-7:15 PM
	Summit	Tues & Thurs	6:00-7:15 PM
	Crestview	Tues/Thurs/Fri	4:45-6:00 PM
	Crestview 50m	Saturday	11:00A-12:30P
Silver	Lafayette	Mon & Wed	5:30-7:00 PM
	Summit	Tues & Thursday	7:00-8:30 PM
	Crestview 50M	Tues & Thurs	5:30-7:00 PM
	Eureka	Friday	5:30-7:00 PM
	Eureka	Saturday	7:00-8:30 AM
Gold	Summit	Mon & Wed	6:00-7:45 PM
	Crestview 50M	Tues & Thurs	5:30-7:15 PM
	Lafayette	Friday	5:15-6:45 PM
	Lafayette	Saturday	7:00-8:45 AM
Senior	Crestview 50 M	Mon & Wed	5:30-7:15 PM
	Marquette	Tues & Thurs	5:45-7:30 PM
	Crestview 50M	Friday	4:00-6:00 PM
	Crestview 50M	Saturday	9:00-11:00AM
National Prep	Crestview 50 M	Mon-Fri	4:00-6:00 PM
	Crestview 50M	Saturday	9:00-11:00 AM
National	Crestview 50M	Mon thru Thurs	4:00-6:00 PM
	Crestview 50M	Saturday	7:00-9:15 AM
	Marquette	Sunday	8:00-10:00 AM

Meet Selection Sheets will be distributed at the group meetings in September.

The Rockwood Swim Club is a competitive swim program. Training without competition is counterproductive and becomes boring for the swimmer. There is no other sport you could participate in without expecting to compete.

Based on these reasons, the Rockwood Swim Club will require every swimmer to compete in a minimum of two swim meets during the season (one in fall, one in spring is recommended). At least one of the meets must be a Rockwood Swim Club-hosted meet.

**Practice Schedules for Rockwood Swim Club
When cold (approx mid-October) - April, 2011**

(Please note that during HS Water Polo & swim seasons, practices starting prior to 6:00 may be delayed at the high school pools.)

<u>Group</u>	<u>Pool</u>	<u>Day</u>	<u>Time</u>
Bronze	Eureka	Mon & Wed	6:00-7:15 PM
	Summit	Tues & Thurs	6:00-7:15 PM
	Crestview	Tues/Thurs/Fri	4:45-6:00 PM
	Summit	Saturday	11:00A-12:15P
Silver	Lafayette	Mon	5:15-6:45 PM
	Eureka	Tues & Thurs	6:00-7:30 PM
	Summit	Tues & Thurs	7:00-8:30 PM
	Lafayette	Wed	7:00-8:30 PM
	Eureka	Friday	5:30-7:00 PM
	Eureka	Saturday	7:00-8:30 AM
Gold	Summit	Mon & Wed	6:00-7:45 PM
	Lafayette	Tues/Thurs/Fri	5:15-7:00 PM
	Lafayette	Saturday	7:00-8:45 AM
Senior	Lafayette	Mon	6:45-8:30 PM
	Summit	Tuesday	5:30-7:15 PM
	Marquette	Wednesday	7:00-9:00 PM
	Marquette	Thursday	6:30-8:30 PM
	Marquette	Friday	5:00-6:30 PM
	Summit	Saturday	7:00-9:00 AM
Nat Prep	Marquette	Mon & Tues	7:00-9:00 PM
	Lafayette	Wednesday	5:15-7:00 PM
	Summit	Thursday	5:30-7:30 PM
	Marquette	Friday	5:00-6:30 PM
	Summit	Saturday	7:00-9:00 AM
National	Marquette	Mon thru Thurs	4:00-7:00 PM
		Sat	6:45-9:00 AM
		Sun	9:00-11:00 AM