

2009 - 2010 Practice Schedule: Takoma

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday Dates and Times TBD
5:30 – 6:30PM	<u>Silver</u> /Gold	Bronze	<u>Silver</u> /Gold	Bronze	Gold/ <u>Silver</u>	<u>Silver</u> , Gold, Bronze
6:00 - 7:30PM		<u>Silver</u>		Gold		

2009-2010 Practice Schedule: Rumsey

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday Dates and Times TBD
5:00 – 6:00PM	Bronze		Bronze			<u>Silver</u> , Gold, Bronze
5:00 - 7:00PM	<u>Silver</u> / Gold	<u>Silver</u> / Gold	<u>Silver</u> /Gold	Gold/ <u>Silver</u>	Gold/ <u>Silver</u>	

Grouping Criteria:

Bronze (Beginner group): practices 2-3 hours per week, inclusive of all ages, 800-1500 yards per practice. Focus is primarily on proper body position, proficiency in all 4 competitive strokes, starts and turns. (2 days required per week)

2009 - 2010 Practice Schedule: Takoma

Silver (B/BB/A): practices at least 4 hours per week, 1500-3000 yards per practice. Focus is primarily on proper body position, stroke mechanics, starts and turns (3 days required per week)

Gold (AA/AAA): practices at least 5 hours per week, by coach's invitation only, 3000-5000 yards per practice. Focus is primarily on stroke efficiency, race strategy and preparation, nutrition. (4 days required per week)

Elite (AAAA or faster): 10-24 hours per week, 12 & over only, by coach's invitation, 7000 + yards per practice, practice times to be determined. Focus is primarily on race training and strategy.