

Gold 1 Beginning of Year Schedule

Welcome to the 2013-2014 season.

For those of you who have been aware of the schedule from previous years, there is a change to **Tuesday nights** that I am trying to get adjusted. The pool time for our group has changed from 5:30-7:00pm to **6:00-7:30pm**. I realise this will mean a tight turn around for Wednesday mornings, but I am working on some adjustments which will ease this turn around time.

Below is an outline of the first 5 weeks of the season including expected end times. There may be changes to this (and our practice times) as the season gets underway - and I will communicate any such changes via email and athlete communication. As always, aim to be at the pool 15 minutes before the scheduled practice time in the evenings and 5-10 minutes before morning practices - the swimmers are able to use that time to socialize, catch-up with other members of the group and setup any necessary equipment for the session.

Sept 15	16 5:15 - 7:00pm	17 5:30 - 7:00pm	18 No Practice	19 5:15 - 7:00pm	20 5:00 - 6:30pm	21 6:00 - 7:30am
22	23 5:00 - 7:00pm	24 5:30 - 7:00pm	25 No Practice	26 5:00 - 7:00pm	27 5:00 - 6:30pm	28 6:00 - 8:00am
29	30 5:00 - 7:15pm	Oct 1 5:30 - 7:15pm	2 No Practice	3 5:00 - 7:15pm	4 5:00 - 6:30pm	5 5:30 - 8:00am
6	7 5:00-7:15pm	8 5:30 - 7:15pm	9 No Practice	10 5:00 - 7:15pm	11 5:00 - 6:30pm	12 5:30 - 8:00am
13	14 Thanksgiving - No Practice	15 5:30 - 7:15pm	16 5:45 - 7:15am	17 5:00 - 7:15pm	18 5:00 - 6:30pm	19 5:30 - 8:00am

Practice Notes:

- Saturday morning** practices will always have a dry-land (out of water) component. During the early fall we will likely be using the field outside, so please ensure that you have the appropriate attire (shoes, shirt, shorts/pants, etc) for both the physical activity and the expected weather - it is easier to remove clothing if you have too much than it is to put on clothing that is not at the pool with you. When the weather no longer permits us to be outside as easily we will move our activities indoors to the corridor and deck areas.
- Before and after practice dry-land will be a build-up over the course of the first 4 weeks - clothes/shoes required for the dryland that occurs before and after practice, just make sure your athlete has a towel to dry off and stay warm for after practice stretching.
- Wednesday morning** practices will not begin until October 16th.