

Practice Schedule

2013-2014

Riverfront YMCA	Cuyahoga Falls Natatorium	University of Akron
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Note: All practice times are PM.

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 & Under		RY 5:30-6:30		RY 5:30-6:30	Nat 5:30-7:00		RY 1:30-3:00
Black		RY 6:30-8:00	RY 6:30-8:00	RY 6:30- 8:00	Nat 5:30-7:00		RY 1:30-3:00
Black Advanced	Nat 6:45-8:30	RY 6:30-8:00	RY 6:30-8:00	RY 6:30-8:00	Nat 5:30-7:00		RY 1:30-3:00
Gold	Nat 6:45-8:30	AU 6:30-8:15	Nat 6:45-8:30	AU 6:30-8:15	Nat 5:30-7:00 3RD Fri. Only		
Junior	AU 6:15-8:15	AU 6:15-8:15	AU 6:15-8:15	AU 6:15-8:15	Nat 5:30-7:00 2nd & 4th Fri.		
Senior	AU 6:15-8:15	Nat 6:30-8:45	AU 6:15-8:15	Nat 6:30-8:45	Nat 5:30-7:00 1st & 5th Fri.		Nat 5:30-8:00

Practice Groups

8 and Under:

This group is for swimmers new to competitive swimming, who have not yet attained any qualifying times for the more advanced groups. This is composed solely of swimmers 8 years of age and under. Coaches recommend 2-3 practices per week.

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Black:

This group is for swimmers who are either 9 years old and older or 8 and under swimmers who have attained a 50 yard freestyle time of 45 seconds or better. Coaches recommend 3 practices per week.

Black Advanced:

This group requires a 50 yard freestyle time of 43 seconds or better. Coaches recommend 3 practices per week.

Gold:

This group requires a 50 yard freestyle qualifier time of 40 seconds or better, and be able to complete the set 8 x 50 frees on 1:30. Coaches recommend 3 practices per week.

Junior:

This group requires a 50 yard freestyle qualifier time of 35 seconds or better, plus be able to complete the set 8 x 50 frees on 1:20. Coaches recommend 3-4 practices per week.

Senior:

This is highest practice group and requires a qualifying time of 30 seconds or better, plus be able to complete the set 8 x 50 frees on 1:05. Coaches recommend 4 practices per week.

- *If you are not sure what practice group you should start in, please contact Coach Dale.*
- *Swimmers should swim only in their designated groups, moving to another group for time and/or location convenience is not permitted.*
- *Swimmers will be allowed to advance groups on November 1, December 1, and January 1.*
- *Coach Dale will be the only coach to give permission for swimmers to move up prior to the above dates. Swimmers will not be forced to move up if they want to remain in their original group.*

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Facilities

Facility	Abbreviation	Address	Special Notes
Riverfront YMCA	RY	544 Broad Boulevard Cuyahoga Falls, OH 44221	<ul style="list-style-type: none"> • Present pass at front desk • No parents on deck
Cuyahoga Falls Natatorium	Nat	2345 Fourth Street Cuyahoga Falls, OH 44221	<ul style="list-style-type: none"> • Swimmers need Nat Pass • New swimmers pick up passes at front desk • Adults must show picture ID to enter practice and meets • All home dual meets are held here
University of Akron	AU	Ocasek Natatorium 402 Carroll Street, Akron, Ohio, 44325	<ul style="list-style-type: none"> • Show parking pass in windshield • Get parking pass from coach • Identify yourselves as Tigershark swimmers/parents to front desk upon entering • Location of CFYN Invitationals (Rocktober Pentathlon & Hang Ten)