



CINCINNATI AQUATIC CLUB

PRACTICE SCHEDULE 2007-2008

SHORT COURSE SEASON

Valid November 2 thru ~February 17 (during High School Season)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hawks I Stepping Stones	Flex/Pool	Off	6:30-7:00	Off	6:30-7:00	Off	Off
Hawks II Stepping Stones	Flex/Pool	Off	7:00-7:45	Off	7:00-7:45	Off	Off
Age Group 1	Flex/Pool	Off	6:40-7:45 Stepping Stones	Off	6:40-7:45 Stepping Stones	Off	12:00-1:15 Country Day
Age Group 2	Dryland/Flex Pool	Off	6:30-7:00PM 7:00-8:15PM	Off	5:30-6:00PM 6:00-7:15PM	6:15-6:45PM 6:45-8:15PM	11:00-11:30 11:30-1:00
Age Group 3	Dryland/Flex Pool	6:15-7:00PM 7:00-8:15PM	Off	6:15-6:45PM 6:45-8:15PM	Off	6:15-6:45PM 6:45-8:15PM	10:30-11:00 11:00-12:30
Transition 1	AM PM Dryland	6:45-8:15 6:15-6:45	6:45-8:15 6:15-6:45	6:45-8:15 6:15-6:45	Off	5:00-6:30 4:30-5:00	9:15-11:00 11:00-11:30
Transition 2	AM PM Dryland	5:00-6:45 4:30-5:00	5:00-6:45 4:30-5:00	5:00-6:45 4:30-5:00	Opt. 5:10-6:50 5:00-6:30 4:30-5:00	5:00-6:45 4:30-5:00	9:30-11:30 8:30-9:30
Senior 1	AM PM Dryland	4:50-6:30 5:00-7:00 4:30-5:00	off 4:30-7:00 7:00-8:00wts	4:50-6:30 5:00-6:45 4:30-5:00	5:10-6:50 & 6:30-8:30 5:20-6:30wts	4:50-6:30 <i>Run on own</i>	6:40-9:30 9:30-10:30wts
Senior 2 National	AM PM Dryland	4:50-6:30 5:00-7:00 4:30-5:00	off 4:30-7:00 7:00-8:00wts	4:50-6:30 5:00-6:45 4:30-5:00	5:10-6:50 & 6:30-8:30 5:20-6:30wts	4:50-6:30 <i>Run on own</i>	6:40-9:30 9:30-10:30wts

& Thursday AM is practice makeup for Sr1 and Sr2/Nat with the T2 group.

* National Group will have film study every other week.

THIS SCHEDULE IS SUBJECT TO CHANGE.

Every effort has been made to provide the most advantageous training opportunity for each group and athlete. As issues arise, or opportunities become available, further modification of this schedule may be necessary.