

**WAUKESHA EXPRESS SWIM TEAM
PRACTICE SCHEDULE
FALL 2009**

We do not have any practice attendance requirements for the Ribbons, Bronze, Silver, or Gold groups. Practice attendance guidelines are included below, but they are only guidelines to maximize a swimmer's potential. In the Sr. 1, Sr. 2, and Sr. Team groups coaches will provide each swimmer with their required number of practices per week.

In addition to the below practices we will be offering Stroke Clinics on Sunday afternoons for Ribbons, Bronze, Silver and Gold swimmers when we don't have meets scheduled. On weekends in which we have a Stroke Clinic planned there will NOT be a Saturday morning practice for the Gold group.

Times for Stroke Clinics:

Ribbons and Bronze	3:00 – 4:00 p.m.
Silver and Gold	4:00 – 5:00 p.m.

Schedule for September 15 – November 15, 2009

Ribbons	5:45 – 6:35 PM <i>Suggested practice attendance: 2 to 3 times per week.</i>	Monday, Wednesday, Friday	South
Bronze	6:15 – 7:30 PM <i>Suggested practice attendance: 2 to 3 times per week.</i>	Tuesday, Wednesday, Friday	South
Silver	6:00 – 7:30 PM <i>*Silver will not have practice on the Thursdays listed below in which there is a High School meet. Suggested practice attendance: 3 to 4 times per week.</i>	Monday, Tuesday, Thursday, Friday	South
Gold	6:15 – 8:15 PM 10:30 – 12:00 PM 6:45 – 8:45 PM <i>Suggested practice attendance: 4 times per week. Saturday practices will not be offered on the weekends that we run Sunday Stroke Clinics.</i>	Monday – Friday Saturday (when no meets at South) *Thursday (high school meet days)	South South South
Senior 1	5:30 – 8:00 PM 9:00 – 11:00 AM 6:45 – 8:45 PM	Monday – Friday Saturday (when no meets at South) *Thursday (high school meet days)	South South South
Senior 2	3:30 – 6:15 PM 8:00 – 11:00 AM 6:45 – 8:45 PM	Monday – Friday Saturday (when no meets at South) *Thursday (high school meet days)	South South South
Senior Team	3:30 – 6:15 PM 8:00 – 11:00 AM 6:45 – 8:45 PM	Monday – Friday Saturday (when no meets at South) *Thursday (high school meet days)	South South South

**Note: Our schedule changes on November 16, 2009.
See next page for our schedule from November 16 – February 25, 2010.**

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Schedule for November 16 – Thursday, February 25, 2010

Ribbons	5:45 – 6:35 PM	Monday and Friday	South
	6:00 – 6:50 PM	Wednesday	North
Bronze	6:15 – 7:30 PM	Tuesday and Friday	South
	6:30 – 7:45 PM	Wednesday	North
Silver	6:00 – 7:30 PM	Monday	North
	6:00 – 7:30 PM	Tuesday, Thursday, Friday	South
	<i>*Silver will not have practice on the Thursdays listed below in which there is a High School Meet.</i>		
Gold	6:00 – 8:00 PM	Monday, Wednesday, Thursday, Friday	South
	6:00 – 8:00 PM	Tuesday	North
	10:30 – 12:00 PM	Saturday (when no meets at South)	South
	6:45 – 8:45 PM	*Thursday (high school meet days)	South
	<i>Saturday practices will not be offered on the days that we run Sunday Stroke Clinics.</i>		
Senior 1	5:30 – 8:00 PM	Monday – Friday	South
	9:00 – 11:00 AM	Saturday (when no meets at South)	South
	6:45 – 8:45 PM	*Thursday (high school meet days)	South
Senior 2	3:30 – 6:15 PM	Monday – Friday	South
	8:00 – 11:00 AM	Saturday (when no meets at South)	South
	6:45 – 8:45 PM	*Thursday (high school meet days)	South
Senior Team	3:30 – 6:15 PM	Monday – Friday	South
	8:00 – 11:00 AM	Saturday (when no meets at South)	South
	6:45 – 8:45 PM	*Thursday (high school meet days)	South

***On the following dates (Thursdays) there will be a high school swim meet at Waukesha South and the above Thursday practice times should be followed (No Silver practice on these days):**

Thursday, September 24
Thursday, October 15
High School Boys Meet Dates - TBA

Please Note: No practice on the following Fridays for Ribbons, Bronze, Silver or Gold groups on the following dates due to high school meets:

Friday, November 6
Friday, February 12