



## **RAC – AQUAHAWG LONG COURSE PRACTICE SCHEDULE**

Practice schedule in effect when we begin at Springdale Aquatic Center – SAC / Practices include dryland time

We anticipate starting at the Springdale Aquatic Club sometime in mid-May

Pools: [JCF \(Jones Center\)](#), SAC (Springdale Aquatic Club), [MtS \(Mount Sequoyah\)](#)

### **ROOKIE HAWGS & SUMMER HAWGS (Springdale Aquatic Center Summer Team)**

Rookies & Summer Hawgs are expected to attend two practices per week

|     |        |         |         |                     |      |
|-----|--------|---------|---------|---------------------|------|
| MON | at SAC | 9:50 am | STRETCH | 10:00 am – 11:00 am | SWIM |
| TUE | at JCF | 4:50 pm | STRETCH | 5:00 pm – 6:00 pm   | SWIM |
| WED | at SAC | 9:50 am | STRETCH | 10:00 am – 11:00 am | SWIM |
| THR | at JCF | 4:50 pm | STRETCH | 5:00 pm – 6:00 pm   | SWIM |

### **HAWGS ONE & HAWGS TWO**

Hawgs One are expected to attend three practices per week and encouraged to attend four practices per week

Hawgs Two are expected to attend four practices per week and encouraged to attend five practices per week

|     |        |         |         |                    |      |
|-----|--------|---------|---------|--------------------|------|
| MON | at SAC | 7:45 am | STRETCH | 8:00 am – 9:05 am  | SWIM |
| TUE | at MtS | 5:30 pm | STRETCH | 5:45 pm – 6:45 pm  | SWIM |
| WED | at SAC | 7:45 am | STRETCH | 8:00 am – 9:05 am  | SWIM |
| THR | at MtS | 5:30 pm | STRETCH | 5:45 pm – 6:45 pm  | SWIM |
| FRI | at SAC | 7:45 am | STRETCH | 8:00 am – 9:05 am  | SWIM |
| SAT | at SAC | 8:45 am | STRETCH | 9:00 am – 10:05 am | SWIM |

## **JUNIOR ONE & JUNIOR TWO**

Junior One are expected to attend four practices per week and encouraged to attend up to six practices per week

Junior Two are expected to attend five practices per week and encouraged to attend up to seven practices per week

|     |        |                     |         |
|-----|--------|---------------------|---------|
| MON | at SAC | 7:30 am             | STRETCH |
|     |        | 7:45 am – 9:00 am   | SWIM    |
|     |        | 9:00 am – 9:30 am   | DRYLAND |
|     | at JCF | 5:30 pm             | STRETCH |
|     |        | 5:45 pm – 7:00 pm   | SWIM    |
| TUE | at SAC | 7:15 am             | STRETCH |
|     |        | 7:30 am – 9:00 am   | SWIM    |
|     |        | 9:00 am – 9:30 at   | DRYLAND |
|     | at MtS | 5:30 pm             | STRETCH |
|     |        | 5:45 pm – 7:00 pm   | SWIM    |
| WED | at SAC | 7:30 am             | STRETCH |
|     |        | 7:45 am – 9:00 am   | SWIM    |
|     |        | 9:00 am – 9:30 am   | DRYLAND |
|     | at JCF | 5:30 pm             | STRETCH |
|     |        | 5:45 pm – 7:00 pm   | SWIM    |
| THR | at SAC | 7:15 am             | STRETCH |
|     |        | 7:30 am – 9:00 am   | SWIM    |
|     |        | 9:00 am – 9:30 am   | DRYLAND |
|     | at MtS | 5:30 pm             | STRETCH |
|     |        | 5:45 pm – 7:00 pm   | SWIM    |
| FRI | at SAC | 7:30 am             | STRETCH |
|     |        | 7:45 am – 9:00 am   | SWIM    |
|     |        | 9:00 am – 9:30 am   | DRYLAND |
| SAT | at SAC | 8:15 am             | STRETCH |
|     |        | 8:30 am – 10:00 am  | SWIM    |
|     |        | 10:00 am – 10:30 am | DRYLAND |

## **JUNIOR THREE**

Junior Three are expected to attend six practices per week and encouraged to attend up to eight practices per week

Junior Three group will help convert the SAC pool before (6:00 am) and after (9:00 am) practice (Mon, Wed, Fri & Sat).

|     |        |                   |         |
|-----|--------|-------------------|---------|
| MON | at SAC | 5:45 am           | STRETCH |
|     |        | 6:00 am – 7:45 am | SWIM    |
|     |        | 7:45 am – 8:15 am | DRYLAND |
| TUE | at JCF | 5:30 pm           | STRETCH |
|     |        | 5:45 pm – 7:00 pm | SWIM    |
|     |        | 7:15 am           | STRETCH |
| WED | at SAC | 7:30 am – 9:00 am | SWIM    |
|     |        | 9:00 am – 9:30 am | DRYLAND |
|     |        | 5:45 am           | STRETCH |
| THR | at SAC | 6:00 am – 7:45 am | SWIM    |
|     |        | 7:45 am – 8:15 am | DRYLAND |
|     |        | 5:30 pm           | STRETCH |
| FRI | at SAC | 5:45 pm – 7:00 pm | SWIM    |
|     |        | 7:15 am           | STRETCH |
|     |        | 7:30 am – 9:00 am | SWIM    |
| SAT | at SAC | 9:00 am – 9:30 am | DRYLAND |
|     |        | 5:45 am           | STRETCH |
|     |        | 6:00 am – 7:45 am | SWIM    |
| SAT | at SAC | 7:45 am – 8:15 am | DRYLAND |
|     |        | 6:45 am           | STRETCH |
|     |        | 7:00 am – 8:30 am | SWIM    |
| SAT | at SAC | 8:30 am – 9:00 am | DRYLAND |

## SENIOR & NATIONAL

Senior are expected to attend six practices per week and encouraged to attend up to eight practices per week

Senior group swimmers will focus on the Arkansas State Age-Group Championship with the goal to make Sectionals

National are expected to attend maximum possible practice sessions. The National group will focus on Sectional, Junior National and Senior Nationals.

Senior & National group will be responsible for converting the SAC pool before (6:00 am) and after (9:00 am) practice.

|     |        |                     |                 |
|-----|--------|---------------------|-----------------|
| MON | at SAC | 5:45 am             | STRETCH         |
|     |        | 6:00 am – 8:30 am   | SWIM            |
|     |        | 8:30 am – 9:00 am   | DRYLAND         |
|     |        | 9:00 am – 9:15 am   | POOL CONVERSION |
|     | at JCF | 3:30 pm             | STRETCH         |
|     |        | 3:45 pm – 5:30 pm   | SWIM            |
| TUE | at SAC | 5:45 am             | STRETCH         |
|     |        | 6:00 am – 8:30 am   | SWIM            |
|     |        | 8:30 am – 9:00 am   | DRYLAND         |
|     |        | 9:00 am – 9:15 am   | POOL CONVERSION |
|     | at JCF | 3:30 pm             | STRETCH         |
|     |        | 3:45 pm – 5:30 pm   | SWIM            |
| WED | at SAC | 5:45 am             | STRETCH         |
|     |        | 6:00 am – 8:30 am   | SWIM            |
|     |        | 8:30 am – 9:00 am   | DRYLAND         |
|     |        | 9:00 am – 9:15 am   | POOL CONVERSION |
|     | at JCF | 3:30 pm             | STRETCH         |
|     |        | 3:45 pm – 5:30 pm   | SWIM            |
| THR | at SAC | 5:45 am             | STRETCH         |
|     |        | 6:00 am – 8:30 am   | SWIM            |
|     |        | 8:30 am – 9:00 am   | DRYLAND         |
|     |        | 9:00 am – 9:15 am   | POOL CONVERSION |
|     | at JCF | 3:30 pm             | STRETCH         |
|     |        | 3:45 pm – 5:30 pm   | SWIM            |
| FRI | at SAC | 5:45 am             | STRETCH         |
|     |        | 6:00 am – 8:30 am   | SWIM            |
|     |        | 8:30 am – 9:00 am   | DRYLAND         |
|     |        | 9:00 am – 9:15 am   | POOL CONVERSION |
|     | at JCF | 3:30 pm             | STRETCH         |
|     |        | 3:45 pm – 5:30 pm   | SWIM            |
| SAT | at SAC | 6:45 am             | STRETCH         |
|     |        | 7:00 am – 9:30 am   | SWIM            |
|     |        | 9:30 am – 10:00 am  | DRYLAND         |
|     |        | 10:00 am – 10:15 am | POOL CONVERSION |

## **MASTER'S / TRIATHLON / ADULT FITNESS TRAINING**

Three swim sessions per week at Springdale Aquatic Center

|     |        |                 |                   |      |
|-----|--------|-----------------|-------------------|------|
| TUE | at SAC | 6:00 am STRETCH | 6:15 am – 7:30 am | SWIM |
| THR | at SAC | 6:00 am STRETCH | 6:15 am – 7:30 am | SWIM |
| SAT | at SAC | 7:00 am STRETCH | 7:15 am – 8:30 am | SWIM |

## **VARSITY HAWGS**

Three swim sessions per week at Jones Center for Families designed for high school students

|     |        |                 |                   |      |
|-----|--------|-----------------|-------------------|------|
| TUE | at JCF | 8:00 am STRETCH | 8:15 am – 9:30 am | SWIM |
| THR | at JCF | 8:00 am STRETCH | 8:15 am – 9:30 am | SWIM |
| FRI | at JCF | 8:00 am STRETCH | 8:15 am – 9:30 am | SWIM |