



Sparks Piranhas 2018 Long Course Practice Schedule

This schedule begins Monday, June 11 through Thursday, August 2

	<u>White</u>	<u>Yellow</u>	<u>Yellow Advanced</u>	<u>Team Prep</u>
Tier I	Wed 4:00 – 4:30 p.m. @ (A)	Wed 4:30 – 5:00 p.m. @ (A)	Wed 5:00 – 5:45 p.m. @ (A)	Wed 5:00 – 5:45 p.m. @ (A)
	Thurs & Fri 4:00 – 4:30 p.m. @ (FC)	Thurs & Fri 4:30 – 5:00 p.m. @ (FC)	Thurs & Friday 5:00 – 6:00 p.m. @ (FC)	Thurs & Friday 5:00 – 6:00 p.m. @ (FC)
	Saturday 10:00 – 10:30 a.m. @ (A)	Saturday 10:30 – 11:00 a.m. @ (A)	Saturday 11:00 – 11:45 a.m. @ (A)	Saturday 11:00 – 11:45 a.m. @ (A)
Tier II	<u>Black</u> Mon & Tues 4:00-5:20 p.m. S / D (A)	<u>Bronze</u> Mon & Wed 5:00 – 6:15 p.m. S (A)	<u>Silver</u> Mon & Tues 4:00 – 5:45 p.m. S / D (A)	
	Wed & Thurs 4:00 – 5:00 p.m. S (A)	Tues & Thurs 3:40 – 5:00 p.m. D / S (A)	Wed & Thurs 5:00 – 6:15 p.m. S (A)	
	Fri 4:00 – 5:00 p.m. S (FC)	Fri no afternoon practice	Fri no afternoon practice	
	Saturday OFF	Saturday 11:00 a.m. – 12:00 p.m. S (A)	Saturday 9:45 - 11:00 a.m. D / S (A)	
Tier III	<u>Gold</u> Monday no morning practice 3:30 – 5:30 p.m. D / S (A)	<u>Senior</u> Monday 6:15 – 8:00 a.m. S (A) 5:00 – 6:15 p.m. S (A)	<u>Varsity</u> Monday 5:45 – 8:30 a.m. S (RH) 4:00 – 6:15 p.m. D / S (A)	
	Tuesday 6:15 – 8:15 a.m. S (RH) no afternoon practice	Tuesday 5:30 – 6:30 a.m. D (CF) 5:00 – 6:15 p.m. D / S (A-w/Varsity)	Tuesday 5:30 – 6:30 a.m. D (F10) 4:00 – 6:15 p.m. D / S (A)	
	Wednesday no morning practice 3:30 – 5:00 p.m. D / S (A)	Wednesday 6:15 – 8:00 a.m. S (A) 4:00 – 5:30 p.m. D (SMF w/Varsity)	Wednesday 5:45 – 8:30 a.m. S (RH) 4:00 – 5:30 p.m. D (SMF w/senior)	
	Thursday 5:45-7:30 a.m. S (RH) 4:00 – 6:15 p.m. S / D (A)	Thursday 6:15 – 8:00 a.m. S (A) no afternoon practice	Thursday 5:45 – 8:30 a.m. S (RH) no afternoon practice	
	Friday 5:45 – 7:45 a.m. S # (RH) 3:30 – 4:30 p.m. D (F10)	Friday 5:45 – 7:45 a.m. # (RH) no afternoon practice	Friday 5:45 a.m. – 8:30 a.m. (RH) 3:30 – 4:30 p.m. D (F10)	
	Saturday 9:45 a.m. – 12:00 p.m. S (A)	Saturday 9:45 a.m. – 12:00 p.m. S (A)	Saturday 9:45 a.m. – 12:00 p.m. S (A)	

*There will be a ONE TIME (not monthly, you need only pay this fee with your JUNE billing) summer facility charge for the Tiers II, III & IV. This fee is assessed as the extra facility & coaching costs:

Varsity, Gold, Senior: \$35 per swimmer

Black, Bronze, Silver: \$10 per swimmer

** **TEAM BREAK BEGINS ON Monday, August 6** and continues through **Tuesday, August 14**. **ALL PRACTICES WILL RESUME WITH A NEW SCHEDULE ON WEDNESDAY, AUGUST 15!**

F10 = Fitness +10 (1575 E. Lincoln Way, Sparks)

S = swim only

D = dryland only

A = Alf Sorensen Pool (1400 Baring Blvd)

D / S = dryland, then swim

** = dryland, then swim w/Varsity

RH = Red Hawk Pool (6600 N Wingfield Pkwy)

S / D = swim, then dryland

= swim only, w/Varsity

FC = Fitness Connection (255 Disc Drive)

SMF = Shadow Mountain Fields (from Alf's, turn rt out of parking lot, rt onto "Baring Blvd." Follow it to "Sparks Blvd," go past Reed baseball fields, rt onto "Shadow Lane". Fields are about ¼ mile on the right hand side, across from the church.