



2025 PRE-SEASON • IN-WATER PRACTICE SCHEDULE

PRACTICE TIMES ARE SUBJECT TO CHANGE, EITHER TEMPORARILY OR PERMANENTLY, AT ANY TIME.

The CCSC Coaching Staff has final say on all group placements and may meet throughout the season specifically to discuss group moves. Athletes will be evaluated on the "total package" when determining group placement.

This includes daily consistency in the following: showcasing YMCA core values (caring, honesty, respect, responsibility), communication and listening skills, attitude, work ethic, commitment, sportsmanship, leadership, coachability, ability to be a team player, meet and practice attendance, meet and practice performance, and general behavior.

MORNING PRACTICES WILL BE AT THE Y, 6:00 AM – 7:30 AM, SEPTEMBER 24 & 26



| TRAINING GROUP | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--------------------------------------|--|--------------------------------------|--------------------------------|
| AGE GROUP 1 MAY ATTEND <u>ANY</u> 2 PRACTICES EACH WEEK | 5:30 PM – 6:15 PM AT UMAINE | 3:30 PM – 4:15 PM AT THE OTO YMCA | 5:30 PM – 6:15 PM AT UMAINE | 3:30 PM – 4:15 PM AT THE OTO YMCA | |
| AGE GROUP 2 MAY ATTEND <u>ANY</u> 2 PRACTICES EACH WEEK | 5:30 PM – 6:30 PM AT UMAINE | 3:45 PM – 4:45 PM AT THE OTO YMCA | 5:30 PM – 6:30 PM AT UMAINE | 3:45 PM – 4:45 PM AT THE OTO YMCA | |
| AGE GROUP 3 MAY ATTEND <u>ANY</u> 2 IN-WATER PRACTICES EACH WEEK & 1 DRYLAND PRACTICE | 5:30 PM – 6:30 PM AT UMAINE | 3:45 PM – 4:45 PM AT THE OTO YMCA | 5:30 PM – 6:30 PM AT UMAINE | 3:45 PM – 4:45 PM AT THE OTO YMCA | |
| AGE GROUP 4 | 5:30 PM – 7:00 PM AT UMAINE | 5:45 PM – 7:00 PM AT THE OTO YMCA | 5:30 PM – 7:00 PM AT UMAINE | 5:30 PM – 7:00 PM AT UMAINE | |
| SENIOR 1 + HIGH SCHOOL | 5:45 AM – 6:45 AM AT UMAINE 5:30 PM – 7:00 PM AT UMAINE | 5:45 PM – 7:00 PM AT THE OTO YMCA | 5:45 AM – 6:45 AM AT UMAINE 5:30 PM – 7:00 PM AT UMAINE | 5:30 PM – 7:00 PM AT UMAINE | 5:45 AM – 6:45 AM AT UMAINE |
| SENIOR 2 + 3 | 5:45 AM – 6:45 AM AT UMAINE 5:30 PM – 7:00 PM AT UMAINE | 5:45 PM – 7:00 PM AT THE OTO YMCA | 5:45 AM – 6:45 AM AT UMAINE 5:30 PM – 7:00 PM AT UMAINE | 5:30 PM – 7:00 PM AT UMAINE | 5:45 AM – 6:45 AM AT UMAINE |



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**ALL ATHLETES MUST
HAVE SNEAKERS AND
A WATER BOTTLE TO
PARTICIPATE IN
DRYLAND PRACTICE**



2025 PRE-SEASON • DRYLAND PRACTICE SCHEDULE

| TRAINING GROUP | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--------|--|-----------|---------------------------|---|
| AGE GROUP 1 MAY ATTEND <u>ANY</u> 2 PRACTICES EACH WEEK | | | | | |
| AGE GROUP 2 MAY ATTEND <u>ANY</u> 2 PRACTICES EACH WEEK | | | | | |
| AGE GROUP 3 MAY ATTEND <u>ANY</u> 2 IN-WATER PRACTICES EACH WEEK & 1 DRYLAND PRACTICE | | 4:45 PM – 5:45 PM MEET IN FIELDHOUSE | | | 4:45 PM – 5:45 PM MEET IN FIELDHOUSE |
| AGE GROUP 4 | | 4:45 PM – 5:45 PM MEET IN FIELDHOUSE | | | 4:45 PM – 5:45 PM MEET IN FIELDHOUSE |
| SENIOR 1 + HIGH SCHOOL | | 6:00 AM – 7:00 AM LIFT 4:45 PM – 5:45 PM MEET IN FIELDHOUSE | | 6:00 AM – 7:00 AM LIFT | 4:45 PM – 5:45 PM MEET IN FIELDHOUSE |
| SENIOR 2 + 3 | | 6:00 AM – 7:00 AM LIFT 4:45 PM – 5:45 PM MEET IN FIELDHOUSE | | 6:00 AM – 7:00 AM LIFT | 4:45 PM – 5:45 PM MEET IN FIELDHOUSE |