



2025-2026 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.



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		5:45 AM – 6:45 AM AT UMAINE		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	5:30 PM – 7:00 PM AT UMAINE	5:30 PM – 7:00 PM AT UMAINE	
SENIOR 2 + 3	5:45 AM – 6:45 AM AT UMAINE		5:45 AM – 6:45 AM AT UMAINE		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	5:30 PM – 7:00 PM AT UMAINE	5:30 PM – 7:00 PM AT UMAINE	



2025-2026 SEASON • DRYLAND PRACTICE SCHEDULE

**PRACTICE TIMES ARE
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OR PERMANENTLY,
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**ALL ATHLETES MUST
HAVE SNEAKERS AND
A WATER BOTTLE TO
PARTICIPATE IN
DRYLAND PRACTICE**



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