



# 2026 SPRING SEASON • PRELIMINARY 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.

**ALL PRACTICE UPDATES, INCLUDING LOCATION AND TIME CHANGES, WILL BE COMMUNICATED VIA THE TEAM'S BAND**



TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AGE GROUP 1</b> 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	
<b>AGE GROUP 2</b> 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	
<b>AGE GROUP 3</b> 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	
<b>AGE GROUP 4</b>	5:30 PM – 7:00 PM AT UMAINE	5:30 PM – 7:00 PM AT UMAINE	5:30 PM – 7:00 PM AT UMAINE	5:45 PM – 7:00 PM AT THE OTO YMCA	
<b>SENIOR 1 + HIGH SCHOOL</b>	6:00 AM – 7:00 AM AT THE OTO YMCA		6:00 AM – 7:00 AM AT THE OTO YMCA		6:00 AM – 7:00 AM AT UMAINE
	5:30 PM – 7:00 PM AT UMAINE	5:30 PM – 7:00 PM AT UMAINE	5:30 PM – 7:00 PM AT UMAINE	5:45 PM – 7:00 PM AT THE OTO YMCA	
<b>SENIOR 2 + 3</b>	6:00 AM – 7:00 AM AT THE OTO YMCA		6:00 AM – 7:00 AM AT THE OTO YMCA		6:00 AM – 7:00 AM AT UMAINE
	5:30 PM – 7:00 PM AT UMAINE	5:30 PM – 7:00 PM AT UMAINE	5:30 PM – 7:00 PM AT UMAINE	5:45 PM – 7:00 PM AT THE OTO YMCA	



# 2026 SPRING SEASON • PRELIMINARY DRYLAND PRACTICE SCHEDULE

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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
<b>AGE GROUP 1</b>					
MAY ATTEND <u>ANY</u> 2 PRACTICES EACH WEEK					
<b>AGE GROUP 2</b>					
MAY ATTEND <u>ANY</u> 2 PRACTICES EACH WEEK					
<b>AGE GROUP 3</b>					4:45 PM – 5:45 PM MEET IN MAIN LOBBY
MAY ATTEND <u>ANY</u> 2 IN-WATER PRACTICES EACH WEEK & 1 DRYLAND PRACTICE					
<b>AGE GROUP 4</b>				4:45 PM – 5:45 PM MEET IN FIELDHOUSE	4:45 PM – 5:45 PM MEET IN MAIN LOBBY
<b>SENIOR 1 + HIGH SCHOOL</b>		6:00 AM – 7:00 AM LIFT		6:00 AM – 7:00 AM LIFT	
				4:45 PM – 5:45 PM MEET IN POOL AREA	4:45 PM – 5:45 PM MEET IN MAIN LOBBY
<b>SENIOR 2 + 3</b>		6:00 AM – 7:00 AM LIFT		6:00 AM – 7:00 AM LIFT	
				4:45 PM – 5:45 PM MEET IN POOL AREA	4:45 PM – 5:45 PM MEET IN MAIN LOBBY