



PRACTICE TIMES AND LOCATIONS 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.

OUR COACHES USE THE BAND APP TO COMMUNICATE ALL PRACTICE TIME AND LOCATION UPDATES



2026 PRE-SEASON • IN-WATER PRACTICE SCHEDULE

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	3:30 PM – 4:45 PM AT THE OTO YMCA	5:30 PM – 6:30 PM AT UMAINE	3:30 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	6:00 AM – 7:00 AM AT THE OTO YMCA 5:30 PM – 7:00 PM AT UMAINE	5:45 PM – 7:00 PM AT THE OTO YMCA	6:00 AM – 7:00 AM AT THE OTO YMCA 5:30 PM – 7:00 PM AT UMAINE	5:30 PM – 7:00 PM AT UMAINE	6:00 AM – 7:00 AM AT THE OTO YMCA
SENIOR 2 + 3	6:00 AM – 7:00 AM AT THE OTO YMCA 5:30 PM – 7:00 PM AT UMAINE	5:45 PM – 7:00 PM AT THE OTO YMCA	6:00 AM – 7:00 AM AT THE OTO YMCA 5:30 PM – 7:00 PM AT UMAINE	5:30 PM – 7:00 PM AT UMAINE	6:00 AM – 7:00 AM AT THE OTO YMCA



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



2026 PRE-SEASON • DRYLAND PRACTICE SCHEDULE

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AGE GROUP 1		4:45 PM – 5:45 PM MEET IN POOL AREA			
AGE GROUP 2		4:45 PM – 5:45 PM MEET IN POOL AREA			
AGE GROUP 3		4:45 PM – 5:45 PM MEET IN POOL AREA			4:45 PM – 5:45 PM MEET IN MAIN LOBBY
AGE GROUP 4		4:45 PM – 5:45 PM MEET IN POOL AREA			4:45 PM – 5:45 PM MEET IN MAIN LOBBY
SENIOR 1 + HIGH SCHOOL		6:00 AM – 7:00 AM LIFT 4:45 PM – 5:45 PM MEET IN POOL AREA		6:00 AM – 7:00 AM LIFT	4:45 PM – 5:45 PM MEET IN MAIN LOBBY
SENIOR 2 + 3		6:00 AM – 7:00 AM LIFT 4:45 PM – 5:45 PM MEET IN POOL AREA		6:00 AM – 7:00 AM LIFT	4:45 PM – 5:45 PM MEET IN MAIN LOBBY