



WAYS 2014 LONG COURSE PRACTICE SCHEDULE

@Mountain View Aquatic Center unless indicated

Practice Schedule Begins Thursday May 22nd

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National	7-10am CAC	5:45-8:30am	7-10am CAC	5:45-8:30am	5:45-8am	8-10am
PM	3-5pm CAC	3-5pm		3-5pm		
Senior	5:45-8am	5:45-8:30am	5:45-8am	5:45-8:30am	5:45-8am	8-10am
PM	3-5pm		3-5pm			
Senior 2	5:45-8am	5:45-8am	5:45-8am	5:45-8am	5:45-8am	9:30-Noon
PM		2:30-4:30 PM* CAC		2:30-4:30 PM* CAC		
Senior 3 PCC Only	8:15-10:00 am*	8:15-10:00 am*	8:15-10:00 am*	8:15-10:00 am*	8:15-10:00 am*	8:00-10:00am
Youth	7:30-10am	7:30-10am	7:30-10am	7:30-10am	7:30-10am	9:30-Noon
PM	3-5pm		3-5pm			
Age Group	8-10am*	8-10am*	8-10am*	8-10am*	8-10am*	9:30-Noon
Rookie		CAC 2-3pm	CAC 2-3pm	CAC 2-3pm	8:15-9:30 AM @ PCC (RBlue only!)	

@Pinetree Country Club (PCC) unless indicated

Practice Schedule Begins Thursday May 22nd

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior	6:00-8:15am	6:00-8:15am	6:00-8:15am	6:00-8:15am	6:00-8:15am	7:30-10:00am
PM	3-5pm MVAC	2:30-4:30pm* CAC	3-5pm MVAC	2:30-4:30pm* CAC		
Senior 2	6:00-8:15am	6:00-8:15am	6:00-8:15am	6:00-8:15am	6:00-8:15am	7:30-10:00am
PM @CAC		2:30-4:30pm*		2:30-4:30pm*		
Senior 3	8:15-10:00 am*	8:15-10:00 am*	8:15-10:00 am*	8:15-10:00 am*	8:15-10:00 am*	8:00-10:00am
Youth	6:00-8:15am	6:00-8:15am	6:00-8:15am	6:00-8:15am	6:00-8:15am	7:30-10:00am
PM @CAC		2:30-4:30pm*		2:30-4:30pm*		
Age Group	8:15-10:00 am*	8:15-10:00 am*	8:15-10:00 am*	8:15-10:00 am*	8:15-10:00 am*	8:00-10:00am
Rookie @ CAC		CAC 2-3pm	CAC 2-3pm	CAC 2-3pm		8:15-9:30 AM @ PCC (RBlue only!)

*** Dryland included, please dress appropriately!!!**

Note: Coaching assignments are subject to change. Practice times are based on pool availability and are not subject to change except with prior approval by the Cobb County R&P or Pinetree C.C.

REVISED 04/30/14



RAYS 2014 LONG COURSE PRACTICE SCHEDULE

@Cherokee County Aquatic Center

Practice Schedule Begins Saturday May 31th

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior 2	6-8:15am	6-8:45am	6-8:15am	6-8:45am	6-8am	8-10:30am
PM	3-5pm		3-5pm			
Senior 3	6-8:15am	6-8:45am	6-8:15am	6-8:45am	6-8am	8-10:30am
Youth	6-8:15am	6-8:45am	6-8:15am	6-8:45am	6-8am	8-10:30am
PM	3-5pm		3-5pm			
Age Group	6-8:15am	6-8am	6-8:15am	6-8am	6-8am	8-10:30am
Rookie	4-5pm		4-5pm			