

M*C*A*L

2009-2010

PRACTICE SCHEDULE

<u>LJCC Practice Schedule</u> <u>Times subject to change</u>					
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Sunday</u>
Basic Training 2 4:00- 4:30 (once T/Th 4:00 is full)	Basic Training 1 4:00- 4:30	Basic Training 2 4:00- 4:30 (once T/Th 4:00 is full)	Basic Training 1 4:00- 4:30	Recruits 3:45- 4:25	Captains 3:00-4:45
Recruits 4:00-4:40	Recruits 4:00-4:40	Recruits 4:00-4:40	Recruits 4:00-4:40	Sergeants 3:45-4:40	Lieutenants 3:30-4:45
	Basic Training 2 4:30-5:00 (once 4:00 is full)		Basic Training 2 4:30-5:00 (once 4:00 is full)	Lieutenants 3:45-5:00	Sergeants 4:45-5:40
Sergeants 4:45-5:40	Sergeants 4:45-5:40	Sergeants 4:45-5:40	Sergeants 4:45-5:40	Captains 3:30-5:00	Recruits 4:45-5:25
	Dry-lands For Captain and Lieutenant 2 only 5:00-5:30		Dry-lands For Captain and Lieutenant 2 only 5:00-5:30		
Lieutenants 5:45-7:00	Lieutenants 5:45-7:00	Lieutenants 5:45-7:00	Lieutenants 5:45-7:00		
Captains 5:45-7:30	Captains 5:45-7:30	Captains 5:45-7:30	Captains 5:45-7:30		

Basic Training-

Ages 4-6. Participant must be able to swim 15 feet with 2 breaths (with minimal breath control) and float on back. Absolutely no child who cries will be allowed to participate. Child may come 2 days a week (Class ratio is 1 coach to 7 participants)

Recruits-

Ages 5-8 Participants must swim 60 feet with rhythmic breathing using some form of Freestyle. Participant must also be able to kick on back for 15 feet. Class will teach beginning Breaststroke and Butterfly. Child may come 2 days a week. (Class ratio is 1 coach to 10 participants)

Sergeants (1 & 2) -

Ages 6-10. Participants will begin a higher level of stroke and turn awareness on all 4 strokes with emphasis on educating swimmers on competitive swimming. Level 2 will stress more endurance for the more advanced swimmers and participants must have 4 legal strokes. Child may come 3 days a week (Class ratio is 1 coach to 16 participants)

Lieutenants (1 & 2)

Ages 9-15. For the more committed swimmer, a challenging endurance building level with continued emphasis on technique and personal improvement Child may come 4 days for L1 and 5 days a week and Dry lands for L2 (Class ratio is 1 coach to 14 participants)

Captains

Ages 12- 18. For the most competitive and self disciplined swimmer. Training focuses on endurance, stroke and turn technique along with speed. Child may come 6 days a week (Class ratio is 1 coach to 12 participants)