



Waves practice schedule 2009-2010

Below is our normal practice schedule

Late Start begins October 26

Practices do change sometimes due to events at the high school

For up-to-date changes, see the two week calendar on our homepage or call the hotline (460-5630)

	Pre-comp	Blue	Bronze	Silver	Gold	Senior
Practice place	Wealthy and EGR	Wealthy and EGR	Wealthy, MAC and EGR	EGR	EGR	EGR
Sept. 14-Nov. 13	T&Th @Wealthy 6-6:45pm F @EGR 6-6:30pm	M&W or T&Th @Wealthy 5:15-6pm F @EGR 6:30-7:30pm	M&W or T&Th @Wealthy 4-5:15pm MAC T&Th 7:20-8:35pm F @EGR 6:30-8pm	M-Th 6-7:30pm F 6:30-8pm	M-F 6-8pm	<i>Nat/Sect/State</i> M&W 6-8:30pm T&Th 6-8pm F 5:30-7:30pm <i>Jr-Sr</i> M-Th 6-8pm F 5:30-7:30pm <i>Condition</i> M-Th 6-8pm
Nov. 16 - Dec. 18	Session 1 ends Nov. 20 Session 2 Nov. 30 - Dec. 18 and Jan. 4 - Feb. 19 same practice schedule	Same schedule	Same schedule	M-Th 7-8:30pm F 6:30-8pm	M-Th 7-9pm F 6-8pm	Same schedule

	Pre-comp	Blue	Bronze	Silver	Gold	Senior
Dec. 22-Jan. 2	No practice	@EGR Dec. 21, 22, 23, 28, 29 and 30 6-7pm	@EGR Dec. 21, 22, 23, 28, 29 and 30 7-8pm	@EGR Dec. 21, 22, 23, 28, 29 and 30 6-7:30pm Dec. 26&Jan. 2 10am-11:30am	Dec. 21, 22, 23, 28, 29 and 30 10am-12pm & 6-8pm. Dec. 24 and 31 10am-12pm. Dec. 26 and Jan. 2 10am-12pm.	Dec. 21, 22, 23, 28, 29 and 30 10am-12pm & 6-8pm. Dec. 24 and 31 10am-12pm. Dec. 26 and Jan. 2 10am-1pm
Jan. 4-15	T&Th @Wealthy 6-6:45pm F @EGR 6-6:30pm	M&W or T&Th @Wealthy 5:15-6pm F @EGR 6:30-7:30pm	M&W or T&Th @Wealthy 4-5:15pm MAC T&Th 7:20-8:35pm F @EGR 6:30-8pm	M-Th 7-8:30pm F 6:30-8pm	M-Th 7-9pm F 6-8pm	<i>Nat/Sect/State</i> M&W 6-8:30pm T&Th 6-8pm F 5:30-7:30pm <i>Jr-Sr</i> M-Th 6-8pm F 5:30-7:30pm <i>Condition</i> M-Th 6-8pm
Jan. 18 - Feb. 26	Pre-comp done Feb. 19	M&W or T&Th @Wealthy 5:15-6pm F @EGR 6:30-7:30pm	M&W or T&Th @Wealthy 4-5:15pm MAC T&Th 7:20-8:35pm F @EGR 6:30-8pm	M-Th 6-7:30pm F 6:30-8pm	M-F 6-8pm	<i>Nat/Sect/State</i> M&W 6-8:30pm T&Th 6-8pm F 5:30-7:30pm <i>Jr-Sr</i> M-Th 6-8pm F 5:30-7:30pm <i>Condition</i> M-Th 6-8pm

Championship practice schedule

All at EGR Pool	Jr Olympic swimmers	12&Under State swimmers	Sectionals/13&Over State swimmers
March 1-5	6-7pm	6-7:30pm	6-8pm. Senior conditioning continues until March 12.
March 8-12	NA	6-7:30pm	6-8pm. Senior conditioning continues until March 12.
March 15-19	NA	NA	6-7:30pm (13&O State swimmers) 6-8pm (Sectional swimmers)
March 22-25	NA	NA	6-7:30pm Sectional swimmers

Spring and Summer 2010

	Pre-comp	Blue	Bronze	Silver	Gold	Senior
Practice place	Wealthy and EGR	Wealthy and EGR	Wealthy and EGR	EGR	EGR	EGR
March 22 - March 31 <i>Preseason</i>	N/A	N/A	N/A	N/A	M-F @EGR 6-8pm	M-F @EGR 6-8pm
April 12 - June 11	T&Th @Wealthy 6-6:45pm F @EGR 6-6:30pm Session 1 ends June 5	T&Th @Wealthy 5:15-6pm F @EGR 6:30-7:30pm	T&Th @Wealthy 4-5:15pm F @EGR 6:30-8pm	M-Th 6-7:30pm F 6:30-8pm	M-F 6-8pm	<i>Nat/Sect/State</i> M&W 5:30-8:30pm T&Th 6-8pm F 5:30-7:30pm Sat 10am-12:30pm <i>Jr-Sr</i> M&W 5:30-8pm T&Th 6-8pm F 5:30-7:30pm Sat 10am-12:30pm <i>Condition</i> M-Th 6-8pm

	Pre-comp	Blue	Bronze	Silver	Gold	Senior
June 14 - July 23 (July 23rd is the last practice for all swimmers not going to State. Senior continues until July 29.)	M-F @EGR 10:30-11:30am	M-F @EGR 10:30-11:30am	M-F @EGR 10:30-11:30am	M-F @EGR 9-10:30am Long Course See Below	M-F @EGR 9-11am Long Course See Below	All Senior groups M-F @EGR 7-9am <i>Nat/Sect/State/Jr-Sr</i> Long Course See below
July 4 - July 11 MHSAA Dead Week Period *(Only affects 7-12th graders)	M-F @EGR 10:30-11:30am	M-F @EGR 10:30-11:30am	M-F @EGR 10:30-11:30am	M-F @EGR 9-10:30am	7-12th graders must practice Calvin dates July 5&7 this week.	See Below
July 26 - 29	N/A	N/A	N/A	N/A	N/A	M-Th @EGR 7-9am

Long Course Schedule

Senior, Gold and Silver will practice long course at Calvin College on the following dates:

3:30-5:30pm (Silver 3:30-5pm) 6/14, 6/16, 6/28, 6/30, 7/5, 7/7, 7/12, 7/14, 7/19

1:30-3:30pm (Silver 1:30-3:00pm) 6/25, 7/2, 7/23

[Calvin Map](#) - Enter the pool from the west side of the building (Parking lot 6) before 4pm. After 4pm, you will have to enter the building from the main entrance by the circle drive.

*MHSAA Dead Week applies to any 7-12th grader. 7-12th graders will not be practicing at EGR during that week to comply with the rule. Practices will be held at Calvin College July 5&7.

Championship Schedule Summer 2010

	State Swimmers	Zone Swimmers
July 26 - July 29	M&W @Calvin College 3:30-5pm T&Th @EGR 9-10:30am	N/A
August 2-4	N/A	M&T @EGR 9-10:30am