

Typical CBST-SAL Practice Schedule

Note that this is the planned TYPICAL practice schedule. Each year we assess the composition of the team AFTER evaluations and if any change to the schedule (to ensure balanced practices that accommodate all participants well) is needed it will be made at that time. This information is provided as an idea of the schedule to expect. For swimmers, age on October 31st of the current season determines age for practice groups. There will be a separate practice schedule for the winter school break. There will be conflict dates (dates when practices cannot be held due to building or other conflicts) and modified practice dates (primarily due to high school meets).

Practices begin the first full week of October (possibly second week depending on each year’s calendar) and the first practice may be on any day Monday through Thursday.

DIVING:

Diving practices are at CB South (occasionally may be moved to CB East if needed). Typical practices are:

- Monday 5:30-7 p.m.
- Wednesday 6:30-8 p.m.
- Friday – 5:30-7 or 6:30-8 p.m. depending on high school pool needs (may have meets instead on some Friday nights)

SWIMMING:

<i>October through mid-November</i>	<i>Mid-November through January</i>
CBST – SAL	CBST – SAL
Monday/Wednesday At CB SOUTH 10 & Under – 5:30 – 6:30 p.m. 11& Up – 6:30 – 8 p.m.	Monday/Wednesday At CB SOUTH 10 & Under – 6:30 – 7:30 p.m. 11& Up – 7:30 – 9 p.m.
Tuesday/Thursday At CB East 10 & Under – 6:30 – 7:30 p.m. 11& Up – 7:30 – 9 p.m.	Tuesday/Thursday At CB East 10 & Under – 6 – 7 p.m. 11& Up – 7 – 8:30 p.m.