

## Wicked Wahoo's Practice Schedule

### Fall/Winter/Spring

	<u>Mon.</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thurs.</u>	<u>Fri.</u>	<u>Sat.</u>	<u>Sun.</u>
<b>Morning Practice</b>	5:30-7am	5:30-7am	5:30-7am	5:30-7am	5:30-7am	REST	REST
<b>Afternoon Dryland</b>	5:30-6pm	5:30-6pm	5:30-6pm	5:30-6pm	5:30-6pm	REST	REST
<b>Afternoon Practice</b>	6-7:30pm	6-7:30pm	6-7:30pm	6-7:30pm	6-7:30pm	REST	REST

**Practice:** Once a Wicked Wahoo, athletes MUST wear a swim cap & goggles to every practice they plan on attending. Swimmers are highly encouraged to attend **at least THREE** practices per week to see sufficient results in a timely manner. For more serious swimmers, we recommend attending FOUR or more practices per week. Elite swimmers must attend FIVE or more practices per week.

**Equipment:** Once apart of Wicked Wahoos, swimmers MUST wear a **swim cap & goggles** to every practice they attend, doesn't matter what brand. Swimmers **MUST have paddles & fins** within their first month of practice. Our facility provides kickboards & pull buoys for use at every practice if not wanting to purchase own. Snorkels are for more advanced swimmers, & Coach Aly will let you know when needed.

**\*Equipment is best purchased through [www.swimoutlet.com](http://www.swimoutlet.com).**

**Team Apparel:** Swimmers **MUST have a TEAM SUIT & TWO TEAM CAPS** for meets. Coach Aly will fit each swimmer for their racing suit before purchase at practice & will order upon payment.