

SwimAtlanta Roswell 2023 Summer Practice Schedule

Summer Schedule Begins on May 26th

Teams	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High Performance	5:45-7:45 AM 1:00-3:45 PM Dryland 3-3:45	5:45-7:45 AM	5:45-7:45 AM 1:00-3:45 PM Dryland 3-3:45	5:45-7:45 AM	5:45-7:45 AM 1:00-3:45 PM Dryland 3-3:45	7:00- 9:00 AM
Select	5:45-7:45 AM 1:00-3:45 PM Dryland 3-3:45	1:00-3:45 PM Dryland 3-3:45	5:45-7:45 AM 1:00-3:45 PM Dryland 3-3:45	5:45-7:45 AM	1:00-3:45 PM Dryland 3-3:45	7:00-9:00 AM
Senior	8:00-9:00 AM	8:00-9:00 AM	8:00-9:00 AM	8:00-9:00 AM	OFF	9:00-10:00 AM
Advanced Age Group	6:00-7:45 AM	6:00-7:45 AM 1:00-3:00 PM	6:00-7:45 AM	6:00-7:45 AM	6:00-7:45 AM	7:00-9:00 AM
Gold	6:00-7:45 AM	6:00-7:45 AM	8:00-9:00 AM	8:00-9:00 AM	OFF	8:00-9:00 AM
Silver	8:00-9:00 AM	8:00-9:00 AM	8:00-9:00 AM	OFF	OFF	9:00-10:00 AM
Bronze	9:00-10:00 AM	9:00-10:00 AM	9:00-10:00 AM	OFF	OFF	10:00-10:45 AM
Blue	9:00-9:45 AM	9:00-9:45 AM	9:00-10:00 AM	OFF	OFF	10:00-10:45 AM
Red	9:00-9:45 AM	9:00-9:45 AM	9:00-10:00 AM	OFF	OFF	10:00-10:45 AM
Masters	12:00-1:00 PM	12:00-1:00 PM	12:00-1:00 PM	12:00-1:00 PM	6:00-7:30 AM	

***All practice times in Bold are at Roswell Rec. Pool**

Group Description

<p>High Performance Designed for serious swimmers at state, regional and national level. Weights/dryland as directed by the coaches.</p>	<p>Select: Designed for the committed and highly motivated swimmer ages 12 and over. This group is in preparation for the HP group. Dryland/weights as directed by Coaches</p>	<p>Senior: Offers a variety of levels for high school and middle school swimmers. The group provides flexibility for swimmers with other interests.</p>	<p>Advanced Age Group: For advanced and committed age group swimmers who have mastered stroke techniques, starts, and turns and are prepared to begin advanced training methods.</p>	<p>Gold: For younger swimmers working to master their strokes and begin learning proper fundamentals of advanced training.</p>	<p>Silver: Offers an intermediate level practice. Group improves on the swimmers starts, turns, technique and conditioning. Meets recommended.</p>	<p>Silver: Offers an intermediate level practice. Group improves on the swimmers starts, turns, technique and conditioning. Meets recommended.</p>
<p>Bronze: For swimmers who are comfortable with the four competitive strokes, starts, and turns and are ready to begin basic training methods. Meets recommended.</p>	<p>Blue: For swimmers who have knowledge of the four competitive strokes, starts, and turns and ready to developed strokes further. Meets optional.</p>	<p>Red: Starts young swimmers into year round swimming. Focus is on basic techniques in a fun and rewarding environment. Meets optional.</p>	<p>Masters: For adults who want to work technique and train for endurance.</p>			