



April 2026

Endurance and
Strengthening Practice on
land. **Swimsuit fitting.**
Orientation.

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
						Easter
6	7	8	9	10	11	12
CCSD Spring break	CCSD Spring break	CCSD Spring break	CCSD Spring break	CCSD Spring break		
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			
Endurance Strength Training (on land) Orientation, Fitting 5:30-6:30pm	Endurance Strength Training (on land) Orientation, Fitting 5:30-6:30pm	Endurance Strength Training (on land) Orientation, Final Fitting 5:30-6:30pm				



May 2026

Coaches will divide the team into practice groups after swim evaluations. Practice groups will be based on skills, age, and roster. Length and days of practice will vary by group.

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
					Swim Practice 9-10:30am Ages 7+only	
4	5	6	7	8	9	10
Swim Practice 5:30-7:00pm Ages 7+only	Swim Practice 5:30-7:00pm Ages 7+only Swim Evals Ages 7+	Swim Practice 5:30-7:00pm Ages 7+only Swim Evals Ages 7+	Swim Practice 5:30-7:00pm Ages 7+only Swim Evals Ages 7+		Swim Practice 9-10:30am Ages 7+only	
11	12	13	14	15	16	17
Swim Practice 5:30-7:00pm by Group *Final day to order Team Spirit Shirts	Swim Practice 5:30-7:00pm by Group Swim Evals Ages 5-6	Swim Practice 5:30-7:00pm by Group Swim Evals Ages 5-6	Swim Practice 5:30-7:00pm by Group Swim Evals Ages 5-6		Swim Practice 9-10:30am by Group Ice Cream After	
18	19	20	21	22	23	24
Swim Team picture, Dinner 5:30-7:00pm Social Swim	Swim Practice 5:30-7:00pm by Group Time Trials ages 7+	Swim Practice 5:30-7:00pm by Group Time Trials ages 7+	Swim Practice 5:30-7:00pm by Group		Swim Practice 9-10:30am by Group *Swim-a-thon	
25	26	27	28	29	30	31
MEMORIAL DAY No practice	Swim Meet vs St. Andrews 5pm	Swim Practice 5:30-7:00pm by Group	Swim Practice 5:30-7:00pm by Group (Swim Meet Rain date)		Swim Practice 9-10:30am by Group	



June 2026

Coaches will divide the team into practice groups after swim evaluations. Practice groups will be based on skills, age, and roster. Length and days of practice will vary by group.

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
Swim Practice 9-10:30am by Group	Swim Practice 9-10:30am by Group Swim Meet vs Ashborough 5pm	Swim Practice 9-10:30am by Group	Swim Practice 9-10:30am by Group Swim Meet @ Country Club of CHS 5pm	Swim Practice 9-10:30am by Group	Swim Practice 9-10:30am by Group	
8	9	10	11	12	13	14
Swim Practice 9-10:30am by Group	Swim Practice 9-10:30am by Group Swim Meet @ Legend Oaks 5pm	Swim Practice 9-10:30am by Group	Swim Practice 9-10:30am by Group Swim Meet vs Fort Johnson 5pm	Swim Practice 9-10:30am by Group	Swim Practice 9-10:30am by Group	
15	16	17	18	19	20	21
Swim Practice 9-10:30am by Group	Swim Practice 9-10:30am by Group	Swim Practice 9-10:30am by Group Mega Meet Deadline Ages 5-6	Swim Practice 9-10:30am by Group Swim Meet @ Sha-Mel-Lon 5pm	Swim Practice 9-10:30am by Group	Swim Practice 9-10:30am by Group Pizza Party After	
22	23	24	25	26	27	28
Swim Practice 9-10:30am by Group	Swim Practice 9-10:30am by Group	Swim Practice 9-10:30am by Group	Swim Practice 9-10:30am by Group	Swim Practice 9-10:30am by Group	City Meet Ages 7-12	City Meet Ages 13+
29	30	31				



July 2026

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
					4 th of July	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
Youth Tri Swim Clinic Ages 7-15, 6-7pm					Youth Triathlon Ages 7-15, 7:15am	