

## TENTATIVE PRESEASON SCHEDULE

DATE:

### WEEK I SEPTEMBER

8	Mandatory Team Meeting	McKinnon 150	7:00pm
10	First Practice/Try-out	McKinnon Pool	5:30pm
11	Sat AM/Try-out #2	Ian Stewart	TBA

### WEEK II

13-17	Evening Practices	Ian Stewart	5:30pm
18	Morning Weight Training	Gordon Head	5:45am

***Be prepared for dryland training prior to all swim workouts***

### GROUPS

A+ Group*	Focus on World and CWG Trials SNC National QT only. 9-12 workouts per week
A Group*	Focus on CIS goals. Must be CIS Qualifier 6- 9 Workouts per week; as negotiated with Head Coach
B Group	Focus on CWUAA goals and future development. Minimum 6 Workouts per week

\* ***A+ group athletes are automatically eligible for athletic scholarship.***

\*\* ***A group athletes may be considered for scholarship dependent on available funds.***