



**2024 LONG COURSE Season  
FINAL WEEK Practice Schedule  
(Summer Schedule)**

**MORNING Practice Schedule: July 22-26**

|                           | Monday     | Tuesday    | Wednesday  | Thursday   | Friday |
|---------------------------|------------|------------|------------|------------|--------|
| <i>National Elite</i>     | 7:00-9:00  | 7:00-9:00  | 7:00-9:00  | 7:00-9:00  | OFF    |
| <i>Pre-National Elite</i> | 7:00-9:00  | 7:00-9:00  | 7:00-9:00  | 7:00-9:00  | OFF    |
| <b>Senior</b>             | OFF        | 9:00-11:00 | OFF        | 9:00-11:00 | OFF    |
| <i>Maroon Elite</i>       | 9:00-11:00 | 9:00-11:00 | 9:00-11:00 | 9:00-11:00 | OFF    |
| <i>White Plus</i>         | OFF        | OFF        | OFF        | OFF        | OFF    |

**AFTERNOON Practice Schedule: July 22-26**

|  | Monday    | Tuesday   | Wednesday | Thursday  | Friday    |
|--|-----------|-----------|-----------|-----------|-----------|
| <i>National Elite</i><br><i>Coach Cagle</i>    | OFF       | OFF       | OFF       | OFF       | OFF       |
| <i>Pre-National Elite</i><br><i>Coach Rick</i> | OFF       | OFF       | OFF       | OFF       | OFF       |
| <b>Senior</b><br><i>Coach Nelson/Coskey</i>    | 3:00-4:30 | OFF       | 3:00-4:30 | OFF       | 3:00-4:30 |
| <i>Maroon Elite</i><br><i>Coach Shana</i>      | OFF       | OFF       | OFF       | OFF       | OFF       |
| <i>White Plus</i><br><i>Coach Shane</i>        | 5:45-7:30 | 5:45-7:30 | 5:45-7:30 | 5:45-7:30 | 5:45-7:30 |
| <b>White</b><br><i>Coach Gustavo</i>           | 6:00-7:30 | 6:00-7:30 | 6:00-7:30 | 6:00-7:30 | 6:00-7:30 |
| <b>Gold</b><br><i>Coach Raven</i>              | 5:45-7:00 | 5:45-7:00 | 5:45-7:00 | 5:45-7:00 | 5:45-7:00 |
| <b>Silver</b><br><i>Coach Shane/Gustavo</i>    | 5:00-6:00 | 5:00-6:00 | 5:00-6:00 | 5:00-6:00 | OFF       |
| <b>Bronze</b><br><i>Coach Raven</i>            | 5:00-5:45 | 5:00-5:45 | OFF       | 5:00-5:45 | 5:00-5:45 |

*Schedule above is subject to change at any point due to unforeseen circumstances, holidays, or special situations*

**LAST DAY OF LONG COURSE PRACTICE: Friday, July 26  
3-WEEK TEAM BREAK: July 27-August 18  
RETURN TO PRACTICE FOR SHORT COURSE: Monday, August 19**