

2024 Spring & Summer Senior Road Map

It is the process of the grind that shapes and forms you.

	23-Apr	29-Apr	6-May	13-May	20-May	27-May	3-Jun	10-Jun	17-Jun	24-Jun	1-Jul	8-Jul	15-Jul	22-Jul	29-Jul	5-Aug
Monday						No practice										
Tuesday														Juniors	Con Meet	
Wednesday				Atlanta Classic										Juniors	Last practice	
Thursday				Atlanta Classic						No practice	Speedo			Juniors	13&O	14&U Zones
Friday				Atlanta Classic		Pirate Plunge			Summer Sizzler	Con Meet		Speedo & Bird Bath	Regional	Juniors & 12&U	13&O	14&U Zones
Saturday		Early Bird		Atlanta Classic		Pirate Plunge			Summer Sizzler			Speedo & Bird Bath	Regional	Juniors & 12&U	13&O	14&U Zones
Sunday		Early Bird		Con Meet		Pirate Plunge						Speedo & Bird Bath	Regional	12&U	13&O	14&U Zones
Mon Drill	fr	br	ba		bf		br	ba	bf	fr	fr	ms	ms	ms	ms	ms
Tue Drill	fr	br	bf		ba	br	fr	br	ba	bf	bf	ms	ms	ms	ms	ms
Wed Drill	fr	ba	bf		br	fr	bf	fr	br	ba	ba	ms	ms	ms	ms	ms
Thur Drill	br	ba	bf		fr	bf	ba	bf	fr	br		ms	ms	ms	ms	ms
Video Tape (5-8 PM)				x												
Race Day on Thursdays (FR & ST)	2	4	6		8	8	8	8	8	8	8	6	4	2		
T30 (during the week)							x									
10x100 fr on 2:00 holding best average					Tuesday = 10			Tuesday = 8		Tuesday = 6		Tuesday = 4				
10x100 st on 2:00 holding best average						Tuesday = 10			Tuesday = 8		Tuesday = 6		Tuesday = 4			

1) Doubles are scheduled to begin June 12 at SCJ Community outdoor pool (we will not begin outdoor training until the pool temp reaches 78-degrees)

2) Highlighted meets are TEAM SEA hosted meets and all Seniors are encouraged to attend

3) Because our squad is so large this season, we will need additional time to video tape, 5-8 PM

4) These meets require qualifying times: Atlanta Classic, Speedo, Juniors, 12&U, 13&O, and 14&U Zones

5) 25-yard meets this season are the Con Meets on May 19 and July 30, all other meets are 50-meters

6) Bird Bath is our summer travel meet (Appleton); same weekend as Speedo

Odds & Ends: