



CROSS CREEK KRAKENS SWIM TEAM

RELEASE THE KRAKEN!

Practice Schedule 2020

Updated 02.2020

ALL SWIMMERS:

April 27th – May 22nd (After School M-F)

Group	M-F
15 & up (HS)	3:30 pm - 4:30 pm
6 & Under	4:30 pm - 5:00 pm
7 & 8	5:00 pm - 5:45 pm
9 & 10	5:45 pm - 6:30 pm
11-14 (JH)	6:30 pm - 7:30 pm

Beginning May 26th to End of Season

Group	M-W-F	Tu-Th
7 & 8	7:00 am - 7:45 am	same
9 & 10	7:45 am - 8:30 am	same
6 & Under*	8:30 am - 9:15 am	same
13 & up**	9:15 am - 10:15 am	9:15 am - 10:00 am
11 & 12**	10:15 am - 11:15 am	10:00 am - 10:45 am

* the 6 & under group practice increases to 45 minutes in the summer

Here is what you should take to practice:

- Arrive dressed out - girls must be in a one piece suit
You do NOT need your team suit for practices - just meets
- Girls should have swim caps. They are optional for boys.
- Goggles
- A towel
- Water bottle - with water
- Swimmers should be prepared to enter the water at the posted start time -
so arrive 5-10 minutes early