

## Norcross Junior Blue Devils 2018-2019 Short Course Practice Details

Group A - Bronze - Group assignment based upon coach's assessment of competitive swimming skills and relevant practice experience.

3 hours swim per week

Group B - Silver - Group assignment based upon coach's assessment of competitive swimming skills and relevant practice experience.

5 hours swim + 2.5 hours dryland per week

Group C - Advanced - Group assignment based upon coach's assessment of competitive swimming skills and relevant practice experience.

7 hours swim + 2.5 hours dryland per week

- Dryland will require swimmers to bring gym attire(t-shirt, shorts, running shoes) yoga mat or extra towel. We will have dryland inside WGAC in cases of inclement weather.

- Swim Equipment - Goggles, Snorkels, Fins and Competitive swim attire.

Bronze- goggles and fins

Silver- goggles, fins, snorkel

Advanced - goggles, fins, snorkel and paddles

## West Gwinnett Aquatic Center Practice times

### Sunday Practice Times

Bronze Group 3:00pm - 3:45pm

Silver Group 3:00pm - 4:30pm

Advanced Group 3:00pm - 5:00pm

### Monday Practice Times

Bronze Group \*\*\*\* NO PRACTICE\*\*\*\*

Silver Group 7:30pm - 9:00pm

Advanced Group      7:30pm - 9:00pm

Tuesday/Wednesday/Thursday Practice Times

Bronze Group      7:00pm - 8:00pm

Silver Group      7:30pm - 9:00pm

Advanced Group      7:00pm - 9:00pm