

## **REGULAR SCHEDULE:**

- Nov 17-Dec 19th M-F 2:15-4:30 PM (no practice on meet days)
- Dec 22-Jan 2nd M-F 9-10:30am (no meets during this time)
- Jan 5-Feb 5 M-F 2:15-4:30pm (no practice on meet days)
- FEB 9-12: District Team only M-TH 2:15-4:30pm
- FEB 16-19: HAZEN POOL CLOSED FOR REPAIRS (State team practices at Lindbergh Pool during mid-winter break) M-TH (time TBD)

## **WEEKLY ADDITIONAL PRACTICES: (over and above the 5 mandatory practices/week)**

- Wednesdays Weight Room 4:15-5:15pm
- Fridays 7-8:30am & (regular practice still at 2:15-4pm)
- Saturdays Track Dryland Workout 9-10am

## **SCHEDULE EXCEPTIONS:**

\*Nov 24<sup>th</sup> Parent/Athlete Meeting 6:30pm – Auditorium at Hazen

\*Nov 25<sup>th</sup> Hazen Splash n Dash Jamboree

\*Nov 26<sup>th</sup> Practice 10:30am-12pm (Weight room 12:30-1:30)

\*Dec 1<sup>st</sup> 9-10:30am (No School)

\*Jan 1st - POLAR BEAR PLUNGE - Gene Coulon Park

**NO PRACTICE 11/27, 12/25, 1/1, 1/19.**

\*END OF YEAR BANQUET FEB 26TH, 2026 5-6:30PM