

Practice change for age groups for Saturday, Jan. 28, due to the High School County Championships hosted by Thunder:

There will be no practice for Southeastern Group

Both Black Groups will practice from 6:30 to 8:00 am

Practice changes for Black Groups following the Germantown Meet (beginning Monday, Feb. 6, and running through Wed., Feb. 22):

All Black Group swimmers (Black Group I and II) attending Southeastern Championships in Knoxville will swim from 4:00 - 5:45 Monday through Thursday.

Black Group swimmers (Black Group I and II) not attending Southeasterns in Knoxville will swim from 5:45 - 7:00 pm, Monday through Thursday.

Black Group practice schedule will not change on Fridays (4:00 - 5:30 pm) or Saturdays (8:00 - 10:00 am).

Again, Black Group swimmers who have achieved Southeastern qualifying times, but are not planning on attending Southeasterns will be swimming at the later practice time.

The focus of these two practices will be different as the swimmers attending the meet can focus on race preparation while the swimmers not attending the meet can begin off-season conditioning.

If you have any questions, please contact Coach Scott.