

Typical Short Course Practice Offerings by Practice Group

HSC offers multiple practice options each week for the various Practice Groups. Please note that the number of practices listed below reflects the total number of practices offered—not the number swimmers are expected to attend. Each of the Practice Groups has its own attendance expectations. Exceptions to the regular schedule may occur at different points throughout the season- for example, during holidays, meet weekends, or taper periods.

		Number of Practices per week (most weeks)	Dryland per week
SENIOR 1	Elite A	6	3
	Elite B	6	3
	Advanced A	6	3
	Advanced B	5	2
	Select A	6	3
	Select B	6	3
SENIOR 2	Senior 2A	6	3
	Senior 2B	5	3
SQUAD	Squad 1	6	3
	Squad 2	6	2
	Squad 3	5	2
10&UNDER	Platinum	6	-
	Gold	6	-
	Silver	6	-
	Bronze	5	-

Only in very rare situations can an athlete request to practice with a different Practice Group.

Practices for all groups except Bronze, Silver and Gold will typically have WUTS on days they do not have dryland. WUTS is "warm up to swim" exercises that help prevent injuries as well as develop strength.