

2022 LSHS Boys/Girls Swim

Preseason Power Practice



Preseason Practice Schedule

- *Bring athletic clothes for dryland**
- *We will always start with dryland (wear your suit underneath your clothes)**
- *Girls must wear full-coverage swimsuits. No tie-back or wedgie suits**
- *Prepare for a generous amount of dryland and to get strong!**

Date/Time

Tues (7/12) - 7:00-8:00am

Thurs (7/14) - 7:00-8:00am

Fri (7/15) - 7:00-8:00am

Tues (7/19) - 7:00-8:00am

Thurs (7/21) - 7:00-8:00am

Fri (7/22) - 7:00-8:00am

Mon (7/25) - 7:00-8:30am

Tues (7/26) - 7:00-8:30am

Thurs (7/28) - 7:00-8:30am

Fri (7/29) - 7:00-8:30am

****August 1-7 (Dead Week)****

****August 8th (First day of practice for boys)**