

## 2023 - 2024 OTTSC PRACTICE SCHEDULE

OTTSC Pre-Competitive Practice Schedule*							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*	Sunday
<b>Group 1</b>	Ray Friel 4:30-5:15 PM		Ray Friel 4:30-5:15 PM		Ray Friel 4:30-5:15 PM	Bob MacQuarrie 6:45 to 7:45 PM <i>Available to Pre-Comp swimmers transitioning to Comp 1</i>	
<b>Group 2</b>	5:15-6:00 PM		5:15-6:00 PM		5:15-6:00 PM		
*Swimmers must register for either Group 1 or Group 2. The above schedule is effective September 6th and is subject to change depending on pool availability. <b>The Saturday evening practices at Bob MaQuarrie are expected to be only in October 2023.</b>							

OTTSC Comp 1 Practice Schedule*							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*	Sunday
<b>COMP 1</b>	Ray Friel 4:30-6:00 PM		Ray Friel 4:30-6:00 PM		Ray Friel 4:30-6:00 PM	Bob MacQuarrie 5:45-7:45 PM	
*The above schedule is effective September 6th and is subject to change depending on pool availability. <b>The Saturday evening practices at Bob MaQuarrie are expected to be only in October 2023.</b>							

Transition to Comp 2 Schedule (Registered as Comp 2)*							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*	Sunday
<b>Morning</b>		Francois Dupuis 5:30-7:30 AM		Francois Dupuis 5:30-7:30 AM			
<b>Evening</b>	Ray Friel 4:30-6:00 PM				Ray Friel 4:30-6:00 PM	Bob MacQuarrie 5:45-7:45 PM	
*Swimmers transitioning from Comp 1 to Comp 2 should be registered as Comp 2 swimmers. The above schedule is effective September 5th and is subject to change depending on pool availability. <b>The Saturday evening practices at Bob MaQuarrie are expected to be only in October 2023.</b>							

OTTSC Comp 2 Practice Schedule*							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b>	Francois Dupuis 5:30-7:30 AM	Francois Dupuis 5:30-7:30 AM		Francois Dupuis 5:30-7:30 AM	Francois Dupuis 5:30-7:30 AM		
<b>Evening</b>						Bob MacQuarrie 5:45-7:45 PM	
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OTTSC Junior Practice Schedule*							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b>	Francois Dupuis 5:30-7:30 AM	Francois Dupuis 5:30-7:30 AM	Francois Dupuis 5:30-7:30 AM	Francois Dupuis 5:30-7:30 AM	Francois Dupuis 5:30-7:30 AM		Francois Dupuis 6:30-8:30 AM
<b>Evening</b>							
*The above schedule is effective September 5th and is subject to change depending on pool availability.							

OTTSC Senior Practice Schedule*							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b>	Francois Dupuis 5:30-7:30 AM	Francois Dupuis 5:30-7:30 AM	Francois Dupuis 5:30-7:30 AM	Francois Dupuis 5:30-7:30 AM	Francois Dupuis 5:30-7:30 AM	Sawmill 6:00 to 8:00 AM	Francois Dupuis 6:30-8:30 AM
<b>Evening</b>							
*The above schedule is effective September 5th and is subject to change depending on pool availability.							