



## 2024 - 2025 OTTSC PRACTICE SCHEDULES

Please note that all schedules are subject to change depending on pool availability

OTTSC Pre-Competitive Practice Schedule							
Effective Monday, October 7th							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session 1	Ray Friel 4:30-5:15 PM		Ray Friel 4:30-5:15 PM		Ray Friel 4:30-5:15 PM		
Session 2	5:15-6:00 PM		5:15-6:00 PM		5:15-6:00 PM		

The Pre-Comp program introduces swimmers to the sport of competitive swimming with a focus on developing stroke techniques and building endurance. Swimmers must register for either Session 1 or Session 2, and for either two or three practices per week. We ask that you attend the same date/time from week to week.

OTTSC Comp 1 Practice Schedule							
Effective Monday, October 7th							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
COMP 1	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 Comp 1 program focuses on integrating swimmers into the competitive nature of the sport and is offered to swimmers who are motivated to train, build endurance, and improve stroke techniques. Comp 1 swimmers are expected to attend three to four practices per week and to participate in at least two swim meets per season.

OTTSC Comp 2 Practice Schedule							
Effective, Thursday, September 5th							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	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			
Evening						Bob MacQuarrie 5:45-7:45 PM	

The Comp 2 group is offered to swimmers who are looking for increased training intensity. Comp 2 swimmers are expected to attend five practices per week and to regularly participate in swim meets. Comp 2 swimmers who are interested in adding dryland sessions to their schedule should speak to Coach Blair for details.

**Bob MacQuarrie practices begin on Saturday, September 14th.**

OTTSC Junior/Senior Practice Schedule							
Effective, Thursday, September 5th							
	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday	Sunday
Morning	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 6:00-8:00 AM Dryland 9:00-10:00 AM	Francois Dupuis 6:30-8:30 AM
Evening		Dryland 3:30-4:30 PM		Dryland 3:30-4:30 PM			

Junior/Senior swimmers are expected to attend 6 or 7 swim practices and 3 dryland sessions per week and to regularly participate in swim meets. Swimmers should meet with Coach Blair to discuss their schedule and commitment.

\* Wednesday morning practices will occasionally be replaced with a recovery day, at the discretion of the Coach.