



2025 - 2026 OTTSC PRACTICE SCHEDULES

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

OTTSC Pre-Competitive							
	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		
<p>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.</p>							

OTTSC Comp 1 Development							
	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		
<p>The Comp 1 Development program is ideal for swimmers looking for increased training and an introduction to competitions.</p>							

OTTSC Comp 1 Performance							
	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	
<p>The Comp 1 Performance focuses on developing training fundamentals, increased competitions, and a gradual introduction to morning practices.</p>							

OTTSC Comp 2							
	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	
<p>The Comp 2 group further establishes a commitment to training and competing.</p>							

OTTSC Junior/Senior							
	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday	Sunday
Morning	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			
<p>Junior/Senior swimmers are focused on elevating strength, skills and performance. 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.</p>							