



## 2026 - 2027 OTTSC PRACTICE SCHEDULES

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

| OTTSC Pre-Competitive / Pre-Competitive HYBRID<br>(2 or 3 practices per week) |                           |         |                           |          |                           |          |        |
|-------------------------------------------------------------------------------|---------------------------|---------|---------------------------|----------|---------------------------|----------|--------|
|                                                                               | Monday                    | Tuesday | Wednesday                 | Thursday | Friday                    | Saturday | Sunday |
| <b>Group 1</b>                                                                | Ray Friel<br>4:30-5:15 PM |         | Ray Friel<br>4:30-5:15 PM |          | Ray Friel<br>4:30-5:15 PM |          |        |
| <b>Group 2</b>                                                                | 5:15-6:00 PM              |         | 5:15-6:00 PM              |          | 5:15-6:00 PM              |          |        |

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. While the Pre-Comp HYBRID swimmers have the same practice schedule, their registration fee is higher to allow for increased attendance at swim meets.

| OTTSC Comp 1<br>(3 of the 4 available practices per week) |                           |         |                           |          |                           |                                   |        |
|-----------------------------------------------------------|---------------------------|---------|---------------------------|----------|---------------------------|-----------------------------------|--------|
|                                                           | Monday                    | Tuesday | Wednesday                 | Thursday | Friday                    | Saturday                          | Sunday |
| <b>COMP 1</b>                                             | Ray Friel<br>4:30-6:00 PM |         | Ray Friel<br>4:30-6:00 PM |          | Ray Friel<br>4:30-6:00 PM | Bob MacQuarrie<br>5:45 to 7:45 PM |        |

Swimmers should attend 3 out of the 4 available practices per week (and attend the same practices from week to week).

| OTTSC Pathway to Comp 2<br>(4 of the 5 available practices per week) |                           |         |                           |          |                           |                                |                                 |
|----------------------------------------------------------------------|---------------------------|---------|---------------------------|----------|---------------------------|--------------------------------|---------------------------------|
|                                                                      | Monday                    | Tuesday | Wednesday                 | Thursday | Friday                    | Saturday                       | Sunday                          |
| <b>Morning</b>                                                       |                           |         |                           |          |                           |                                | Francois Dupuis<br>6:30-8:30 AM |
| <b>Evening</b>                                                       | Ray Friel<br>4:30-6:00 PM |         | Ray Friel<br>4:30-6:00 PM |          | Ray Friel<br>4:30-6:00 PM | Bob MacQuarrie<br>5:45-7:45 PM |                                 |

The Comp 2 Pathway group focuses on developing training fundamentals, increased competitions, and a gradual introduction to morning practices. Swimmers should attend 4 out of the 5 available practices per week (and attend the same practices from week to week).

| OTTSC Comp 2<br>(5 practices per week) |                                 |                                 |           |                                 |                                 |          |                                 |
|----------------------------------------|---------------------------------|---------------------------------|-----------|---------------------------------|---------------------------------|----------|---------------------------------|
|                                        | Monday                          | Tuesday                         | Wednesday | Thursday                        | Friday                          | Saturday | Sunday                          |
| <b>Morning</b>                         | Francois Dupuis<br>5:30-7:30 AM | Francois Dupuis<br>5:30-7:30 AM |           | Francois Dupuis<br>5:30-7:30 AM | Francois Dupuis<br>5:30-7:30 AM |          | Francois Dupuis<br>6:30-8:30 AM |
| <b>Evening</b>                         |                                 |                                 |           |                                 |                                 |          |                                 |

The Comp 2 group further establishes a commitment to training and competing. Swimmers are expected to attend 5 practices per week.

| OTTSC Junior/Senior<br>(6 or 7 practices per week) |                                 |                                 |                                 |                                 |                                 |                                |        |
|----------------------------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|--------------------------------|--------|
|                                                    | Monday                          | Tuesday                         | Wednesday                       | Thursday                        | Friday                          | Saturday                       | Sunday |
| <b>Morning</b>                                     | Francois Dupuis<br>5:30-7:30 AM | Francois Dupuis<br>5:30-7:30 AM | Francois Dupuis<br>5:30-7:30 AM | Francois Dupuis<br>5:30-7:30 AM | Francois Dupuis<br>5:30-7:30 AM | Sawmill<br>6:00-8:00 AM        |        |
| <b>Evening</b>                                     |                                 | Dryland TBC                     |                                 | Dryland TBC                     |                                 | Bob MacQuarrie<br>5:45-7:45 PM |        |

Junior/Senior swimmers are focused on elevating strength, skills and performance. Swimmers are expected to attend 6 or 7 swim practices per week and regularly compete in swim meets. Swimmers should meet with Coach Blair to discuss their schedule and commitment and whether they will take part in the outsourced dryland training program.