

Swimming off-season training practices

In order to help Coach Richmond plan, please complete this [GOOGLE FORM](#) about off-season conditioning / training at AHS.

Coach is offering the following to interested athletes.

Week 1

Dates: Beginning Monday, Oct 5-6-8

Days: Monday, Tuesday, and Thursday afternoon.

Time: in water 3:40 to 4:25 pm.

Week II

Dates: Beginning Monday, Oct 12,13,15

Days: Monday, Tuesday, and Thursday afternoon.

***Time:** in water -

- *session I* 3:40 to 4:25 pm.
- *session II* TBD 4:40-5:25 pm

***Note:** If enough interest is demonstrated, we may add a second session each day from 4:40-5:25 pm after the first week.

Week III

Dates: Beginning Monday, Oct 19,20,22

Days: Monday, Tuesday, and Thursday afternoon.

Time: in water -

- session I 3:40 to 4:25 pm.
- [session II TBD ?4:40-5:25 pm](#)

Week IV

Dates: Beginning Monday, Oct 26,27,29,

Days: Monday, Tuesday, and Thursday afternoon.

Time: in water -

session I 3:40 to 4:25 pm.

[session II TBD ?4:40-5:25 pm](#)

You will need to provide a release form to participate - please complete and bring to the pool for Coach. [CLICK HERE](#) for a copy of that form.