

2026-2027 GSCY Storm SHORT COURSE Practice Schedule

September 14th through a swimmer's last championship meet

Schedule is tentative and subject to change.

	GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Jesse Novak	Senior 1	4-6 BY	OFF	4-6 BY	4:15-5:45p CH	4-6p BY	9-11a BY *4-5:30p distance BY	7-9a BY
Chris Chang/ Jesse Novak	Senior 2	4-6 BY	OFF	4-6 BY	5:45-7:15p CH	4-6p BY	7-9a BY *4-5:30p distance BY	7-9a BY
Chris Chang	Senior 3	7:30-9p BY	4-6p CH	6-8p BY	4-6p BY	OFF	11-1p BY *4-5:30p distance BY	7-9a BY
Evan Graziano	Senior 4	7:30-9p CH	7:30-9p BY	7:30-9p CH	OFF	OFF	11-1p BY	11-1a BY
Rob Rynone	Junior 1	7:30-9p BY	4-6p BY	6-8p BY	OFF	4-6p CH	9-11a BY	9-11a BY
Evan Graziano	Junior 2	6-7:30p CH	4-6p BY	4-6p CH	4-6p BY	OFF	7-9a BY	9-11a BY
Evan Graziano	Junior 3	4-6p CH	7:30-9p BY	6-7:30p CH	7-8:30p SY	OFF	OFF	11-1a BY
Mary Korey	Lightning 1	6-7:30p BY	6-7:30p BY	OFF	7:15-8:45p BY	6-7:30 CH	7:30-8:45a Girls CH** 8:45-10a Boys CH	OFF
Jack Lawson	Lightning 2	6-7:30p BY	6-7:30p CH	6:30-8p ENG	7:15-8:45p BY	OFF	7:30-8:45a Girls CH** 8:45-10a Boys CH	OFF
Jared Gaynor	Lightning 3	OFF	6:15-7:30p HY	OFF	7:15-8:45p BY	6-7:30 ENG	7:30-8:45a Girls CH** 8:45-10a Boys CH	OFF
Mary Korey	Thunder 1	4:45-6 SY	6-7:15p BY	OFF	6-7:15p BY	OFF	10-11a Girls CH** 11-12a Boys CH	OFF
Kat Tzortzis	Thunder 2	6-7:15p SY	OFF	OFF	6-7:15p BY	6-7:15 BY	10-11a Girls CH** 11-12a Boys CH	OFF
Jordan Mcchesney	Thunder 3	OFF	5-6:15p HY	OFF	6-7:15p BY	OFF	10-11a Girls CH** 11-12a Boys CH	OFF
Lauren Barnicle	Waves SHY	6-7 ENG	OFF	5:30-6:30p ENG	OFF	OFF	7:30-8:45 SY (3)	OFF
Danielle Harkins	Waves HILLS	5:30-6:30 HY	OFF	5:30-6:30 HY	OFF	OFF	7:30-8:45 SY (3)	OFF

*Distance double is by invitation only. Begins Oct 3rd

**Alternate early practice by month

Practice Canceled

November 26

December 25

January 1

*Practice will be held Dec 26-31. Schedule TBD

Pool codes and addresses

CH	Chandor Pool at Som	CH- Chandor	140 Mount Airy Road, Basking Ridge, NJ 07920
ENG	Englehard Pool at Sc	ENG- Englehard	140 Mount Airy Road, Basking Ridge, NJ 07920
BY	Bridgewater YMCA	BY- Bridgewater	601 Garretson Road, Bridgewater, NJ 08807
SY	Somerville YMCA	SY- Somerville	2 Green Street, Somerville, NJ 08876
HY	Hillsborough YMCA	HY- Hillsborough	19 East Mountain Road, Hillsborough, NJ 08844
JAC	Jersey Aquatic Cente	JAC- Jersey Aquatics	629 Central Avenue, New Providence, NJ 07974

**12U Saturday practice schedule

September- girls early	December - boys early
October- boys early	January- girls early
November- girls early	February- boys early

Weekly Open Dryland begins September 14 @ BY

Mondays- Fridays	3-4pm & 6-7:30pm
Saturdays & Sundays	9-11am