

# SLST Competition Team 2025-2026

August 13th-March 22nd

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SENIOR</b>	3:45-5:30PM *	A)5:15 - 7:00PM B) 6:45-8:30pm	Dec 8-Jan 30 5:15-7:00am  Girls: 3:45-5:30 Boys: 6:30-8:15	B)5:15-7:00PM  A6:45-8:30pm	5:15-7:15 am by sign up  5:30-7:15pm	7:00-8:45am	
<b>JUNIOR</b> <b>JUNIOR Plus</b>	6:30-8:15pm*  6:15-6:45 S& C	4:00 - 5:30 PM Junior + boys 7:00-8:30pm		4:00-5:30 PM 5:30-5:45 S & C	5:15-7:15am  4:00-5:30pm	Junior 8:30-10:00am Junior + 7:00-8:45am	
<b>PREP</b>	5:30-6:50pm* 6:30-6:50 S&C	Prep + add on 3:45-5:30	5:30-6:30 PM			Prep 10:00-11:00am Prep + 8:30-10:00am	
<b>Little Waves</b> <b>only 1 Mon-</b> <b>Wed class</b>	4:50-5:30 By placement	4:50-5:30 By placement	4:50-5:30 By placement			10-11:00am	
<b>HPT</b>							Select Days/Times
<b>Senior WEIGHTS</b>	5:30-6:30pm		5:30--6:30 PM		4:45-5:30		

## Holidays/ modified schedules:

- Mondays: New Seniors and Juniors will swim with their previous group on Mondays
- There will be schedule changes on meet weekends, holidays and the 3 weeks leading up to State Championships
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## Practice Minimums

**Senior Team-** 4 practices/week  
**Junior Team-**3 practices/week  
**PrepTeam-**2 practice/week  
**Prep + :** Must attend group maximums before adding  
**Junior +** Must attend **4 Junior workouts** before adding **High Performance Team-**1 weekly double required;between  
 12/8-1/30



South Louisiana Swim Team