



METAIRIE COMPETITION TEAM

Thanksgiving Break



Nov 23 – 29, 2026

Holiday schedule · Sunday OFF

	MONDAY Nov 23 Cross-Group Relays	TUESDAY Nov 24 Bake the Pie + Clinics	WEDNESDAY Nov 25 Pie the Coach!	THURSDAY Nov 26 Thankful Video	FRIDAY Nov 27 Seniors Only	SATURDAY Nov 28 Stroke Clinics
STROKE CLINICS	—	CLINICS #1 & #2 11:15am–12:00pm Dives, Underwaters & Breakouts 12:00–12:45pm Turns: Free, Back & Open	—	Happy Thanksgiving! ALL GROUPS OFF Watch for our Thankful Video in GroupMe	—	CLINICS #3 & #4 12:30–1:15pm Free & Back technique, drills & racing 1:15–2:00pm Breast & Fly technique, drills & racing
SENIOR	3:00–4:30pm swim	AM 8:30–10:00am all Seniors together A 4:45–6:30pm B 6:15–8:00pm	AM 8:30–10:00am all Seniors together ALL 4:00–6:00pm		4:00–6:00pm swim + lift	AM 8:30–10:00am all Seniors together + Junior+
JUNIOR	3:45–5:45pm 3:45–4:20 S&C	AM 10:00–11:15am PM 3:30–5:00pm Junior+: AM w/ Seniors and/or PM w/ Senior B	AM 10:00–11:15am		Rest & Recharge OFF	AM 10:00–11:15am
PREP	5:15–6:45pm 5:15–5:45 S&C	Prep+ 3:30–5:00pm with Juniors	5:30–7:00pm 5:30–5:50 S&C			OFF
LITTLE WAVES	5:45–6:45pm swim with Prep (no S&C)	—	5:50–7:00pm swim with Prep (no S&C)			OFF
HPT	—	Double recommended AM + PM	*Senior HPT double required		—	—
SENIOR WEIGHTS	4:30–5:30pm	—	6:00–6:45pm		Lift with 4–6pm practice	—

NEED TO KNOW

- **Rec Team & Learn to Swim lessons are OFF** all week, Nov 23–29. Little Waves still swim on the times above. **Rec swimmers are welcome at all 4 clinics!**
- **Required practices:** same as a normal week.
- ***Senior HPT:** at least 1 double this week, Wednesday AM preferred unless in school.
- **Traveling?** Let your coach know — we'll help you find a team to practice with.

STROKE CLINICS — COMP & REC

- **All 4 clinics open to Comp and Rec swimmers**, grouped by skill level with their own coach.
- **Single clinic:** \$35 member / \$40 non-member · **All 4:** \$125 member / \$140 non-member
- **Spots are limited — sign-up required.** Details in your GroupMe.

ALL WEEK Canned Food Drive — most cans by Wed wins Pie the Coach Pass It On gear drive — old suits, fins, kickboards Thankful Turkey — add your feather