

Metairie Competition Team 2025-2026 Thanksgiving Break

November 24th-29th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SENIOR	9:00-11:00am 3:00-4:45pm	A) 4:15- 6:30PM B) 5:45-8:00pm	AM Doubles 8--9:45am ALL 4:00-6:00pm	OFF	4:00-6:00pm	Sen & J+ and Junior HPT 8:30-10:00	
JUNIOR	3:30-5:30pm 3:30-4:15 S&C	3:30 - 5:00 PM Junior + 5:45-8:00pm	AM 9:45-11:00am	OFF	OFF		
PREP	5:00-6:30pm 5:00-5:30 S&C	Prep + 3:30-5:00pm	5:30-7:00 PM *5:30-5:50 S & C	OFF		OFF	
Little Waves	5:30-6:30PM		6:00-7:00pm			OFF	
HPT	Double recommended		*Senior Double Req			12-2pm (UNO 7:30-8:30am CCCS)	
Senior WEIGHTS	5:00-5:45PM		6:00-6:45pm weights		3:15-4:00		

Thanksgiving Break

There is a possibility of a time trial with CCSC on Monday afternoon in lieu of practice

Little Waves weekly classes with Rec 3 will not practice this week

Required Practice: Same

- ***Senior High Performance Team** practices; at least 1 double for the week preferable Wed, unless in School
- If traveling, let us know and see if you can find a team to practice with



South Louisiana Swim Team