



SHORT COURSE SEASON SCHEDULE

January - March 2026

JANUARY

Saturday, January 17:	No practices due to Express Home Meet
Friday, January 23:	Senior Team 3: 3:30 - 5:30 p.m. Senior Team 1/2: 4:30 - 6:00 p.m. AG 2 and AG 3: 6:00 - 7:30 p.m.
Saturday, January 24: Meet	No practices due to swim meets: Rocket Aquatics Meet & Indy
Monday, January 26 - Friday, February 6:	Normal practice schedule

FEBRUARY

Saturday, February 7:	High School Conference Meet at Waukesha South No practices
Sunday, February 8:	Tri-meet with LAKE & BAC Warm-ups: 9:00 a.m. Meet starts: 10:05 a.m.
Monday, February 9 - Thursday, February 12:	Normal practice schedule
Friday, February 13:	WIAA Sectional Meet at Waukesha South Senior Team 1/2/3: 5:30 - 6:30 a.m. (if your swimmer has school) Senior Team 1/2/3: 7:00 - 9:00 a.m. (if no school) AG 2 and AG 3: 9:00 - 10:30 a.m. (if no school)
Saturday, February 14:	Senior 1/2/3: 7:00 - 9:00 a.m. AG 2 and AG 3: 9:00 - 10:30 a.m.
Sunday, February 15:	Express Time Trial Meet at Waukesha South Warm-ups: 8:00 a.m.

Meet starts: 9:00 a.m.

- Monday, February 16: Normal practice schedule
- Tuesday, February 17: Super 8's/AG 1: 6:00 - 7:00 p.m.
AG2 and AG 3: 5:30 - 7:00 p.m.
Age Group Team Dinner: 7:00 p.m. - Sign up online!
Regular schedule for Senior Team 2 and Senior Team 3
- Wednesday, February 18 -
Thursday, February 19: Normal practice schedule
Thursday, February 19: Super 8's/AG White: Special practice that will finish with season awards. Swim: 6:00 - 6:45 p.m., Awards: 6:45 - 7:00 p.m. (parents invited).

Thursday, February 19: Last day of practices for winter session.
- Friday, February 20 - 22: Wisconsin Regional Meet (Germantown HS)
- Friday, February 20: Senior 2/3 AM Practice: 5:30 - 6:30 a.m.
No evening practices due to WIAA State Meet at Waukesha South
- Saturday, February 21: No practices due to WIAA State Meet at Waukesha South
- Sunday, February 22: Senior State/NCSA Group: 8:00 - 10:00 a.m.
12 & U State Group: 8:00 - 9:30 a.m.
(if not swimming at Regionals meet)
- Monday, February 23: SR State/NCSA Group: 3:30 - 5:30 p.m.
14 & U State Group: 5:30 - 7:00 p.m.
- Tuesday, February 24: NCSA Group: 4:30 - 6:30 p.m.
State Groups (ALL): 5:00 - 6:30 p.m.
Goody bags: 6:30 p.m.
Team Dinner: 6:45 p.m. (Sign up for Olive Garden dinner online)
- Wednesday, February 25 - Thursday, February 26: SR State/NCSA Group: 3:30 - 5:30 p.m.
14 & U State Group: 5:30 - 7:00 p.m.
- Friday, February 27: Senior State Meet (Schroeder)
11 - 14 State Team practice: 4:00 - 5:30 p.m.
10 & U State Team practice: 5:00 - 6:00 p.m.

Saturday, March 28: Senior State Meet (Schroeder)
 10 & U State Meet (Verona)
 14 & U State Team practice: 7:00 - 8:30 a.m.

MARCH

Sunday, March 1: Senior State Meet
 10 & U State Meet

Monday, March 2 - NCSA Group: 3:30 - 5:30 p.m.
Thursday, March 5: 11 - 14 State Group: 5:30 - 7:00 p.m.

Friday, March 6: NCSA Team: 3:30 - 5:30 p.m.
 11 - 14 State Meet (Rec Plex)

Saturday, March 7: NCSA Team: 7:00 - 9:00 a.m.
 11 - 14 State Meet (Rec Plex)

Sunday, March 8: 11 - 14 State Meet (Rec Plex)

Monday, March 9: NCSA Team: 3:30 - 5:30 p.m.

 Senior dryland/swim (spring programming): 4:00 - 6:00 p.m.
 Age group swim camp (spring programming): 6:00 - 7:30 p.m.

Tuesday, March 10: NCSA Team: 3:30 - 5:30 p.m.

Wednesday, March 11: NCSA Team: 3:30 - 5:30 p.m.

 Senior dryland/swim (spring programming): 4:00 - 6:00 p.m.
 Age group swim camp (spring programming): 6:00 - 7:30 p.m.

Thursday, March 12: NCSA Team: 3:30 - 5:30 p.m.

Friday, March 13: NCSA Team: 3:30 - 5:30 p.m.

Saturday, March 14: NCSA Team: 7:00 - 9:00 a.m.
 NCSA Team Breakfast: 9:00 a.m.

 Senior dryland/swim (spring programming): 7:00 - 9:00 a.m.
 Age group swim camp (spring programming): 9:00 - 10:30 a.m.

All-City Swim Practices: 11:00 - 2:00 p.m.

Sunday, March 15:	NCSA Team leaves for Orlando (AM)
Monday, March 16:	Senior dryland/swim (spring programming): 4:00 - 6:00 p.m. Age Group swim camp (spring programming): 6:00 - 7:30 p.m.
Wednesday, March 19:	Senior dryland/swim (spring programming): 4:00 - 6:00 p.m. Age Group swim camp (spring programming): 6:00 - 7:30 p.m.
Saturday, March 21:	Senior dryland/swim (spring programming): 7:00 - 9:00 a.m. Age group swim camp (spring programming): 9:00 - 10:30 a.m.
Monday, March 23:	Senior dryland/swim (spring programming): 4:00 - 6:00 p.m. Age Group swim camp (spring programming): 6:00 - 7:30 p.m.
Wednesday, March 25:	Senior dryland/swim (spring programming): 4:00 - 6:00 p.m. Age Group swim camp (spring programming): 6:00 - 7:30 p.m.

APRIL

Monday, April 6:	Spring session schedule begins
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Last AM Practices for Senior Team 2 and Senior Team 3 swimmers

If your end of season meet is:	Your last morning practice is:
Regionals	Wednesday, Feb. 11
SR State	Wednesday, Feb. 18
11 - 14 State	Wednesday, Feb. 25
NCSA Junior Nationals	Wednesday, March 4

