



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: No practices due to swim meets: Rocket Aquatics Meet & Indy Meet

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

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

