



2026-27 PRACTICE SCHEDULE

AUGUST 17 – SPRING BREAK

After Spring Break, the schedule will change to reflect the switch to long course at the Fleet Aquatic Center.



SENIOR GROUPS

GROUP	TIME	DAYS	FACILITY	STAFF
Senior Black	3:30-6:00 PM	Monday-Friday	Fleet Aquatic Center	Coach Cagle
	6:30-10:00 AM	Saturday	Fleet Aquatic Center	Coach Cagle
Senior Red	6:00-8:15 PM	Monday-Friday	Fleet Aquatic Center	Coach Leah
	7:00-9:30 AM	Saturday	Fleet Aquatic Center	Coach Leah
Senior White	5:00-6:30 PM	Monday-Thursday	Arnold Middle School	Coach Sarah
	6:00-7:30 PM	Friday	Arnold Middle School	Coach Sarah

JUNIOR GROUPS

GROUP	TIME	DAYS	FACILITY	STAFF
Junior Black	4:15-6:30 PM	Monday-Friday	Fleet Aquatic Center	Coach Colin
	7:00-9:30 AM	Saturday	Fleet Aquatic Center	Coach Colin
Junior Red	6:30-8:30 PM	Monday-Friday	Fleet Aquatic Center	Coach Colin
	9:30-11:30 AM	Saturday	Fleet Aquatic Center	Coach Colin
Junior White	6:30-8:00 PM	Monday-Thursday	Arnold Middle School	Coach Sarah
	6:00-7:30 PM	Friday	Arnold Middle School	Coach Sarah

AGE GROUP

GROUP	TIME	DAYS	FACILITY	STAFF
Age Group Black	4:30-6:30 PM	Monday-Friday	Fleet Aquatic Center	Coach Maryanne
	9:00-11:00 AM	Saturday	Fleet Aquatic Center	Coach Maryanne
Age Group Red	6:30-8:30 PM	Monday-Friday	Fleet Aquatic Center	Coach Maryanne
	9:00-11:00 AM	Saturday	Fleet Aquatic Center	Coach Maryanne
AG White – Spillane	6:15-8:00 PM	Monday-Friday	Spillane Middle School	Coach Andy
AG White – Bridgeland	6:15-8:00 PM	Monday-Thursday	Bridgeland High School	Coach Josh
	6:00-7:30 PM	Friday	Spillane Middle School	Coach Josh
AG Gold – Spillane	5:00-6:15 PM	Monday-Friday	Spillane Middle School	Coach Andy
AG Gold – Bridgeland	5:15-6:30 PM	Monday-Thursday	Bridgeland High School	Coach Josh
	5:00-6:00 PM	Friday	Spillane Middle School	Coach Josh

BRONZE & SILVER GROUPS

GROUP	TIME	DAYS	FACILITY
AG Silver 1 – Arnold	6:00-7:00 PM	Monday & Wednesday	Arnold Middle School
	5:00-6:00 PM	Friday	Arnold Middle School
AG Silver 2 – Arnold	5:00-6:00 PM	Tuesday, Thursday & Friday	Arnold Middle School
AG Silver 3 – Bridgeland	6:30-7:30 PM	Monday & Wednesday	Bridgeland High School
	5:00-6:00 PM	Friday	Arnold Middle School
AG Silver 4 – Bridgeland	5:00-6:00 PM	Tuesday & Thursday	Bridgeland High School
	5:00-6:00 PM	Friday	Arnold Middle School
AG Bronze 1 – Arnold	5:00-6:00 PM	Monday & Wednesday	Arnold Middle School
AG Bronze 2 – Arnold	6:00-7:00 PM	Tuesday & Thursday	Arnold Middle School
AG Bronze 3 – Bridgeland	5:00-6:00 PM	Monday & Wednesday	Bridgeland High School
AG Bronze 4 – Bridgeland	6:30-7:30 PM	Tuesday & Thursday	Bridgeland High School

NON-COMPETITIVE

GROUP	TIME	DAYS	FACILITY
Non Competitive 1	7:00-8:00 PM	Monday & Wednesday	Arnold Middle School
Non Competitive 2	7:00-8:00 PM	Tuesday & Thursday	Arnold Middle School

HOME SCHOOL

GROUP	TIME	DAYS	FACILITY
Home School	1:30-2:30 PM	Monday-Thursday	Fleet Aquatic Center

WATER POLO

GROUP	TIME	DAYS	FACILITY
Water Polo	6:30-8:30 PM	Tuesday & Thursday	Fleet Aquatic Center
Water Polo	6:30-8:30 PM	Friday	Bridgeland High School
Water Polo	1:00-3:30 PM	Saturday	Fleet Aquatic Center



TIMING AT SWIM MEETS

Timing is an essential part of every swim meet and a requirement for our team to participate. All families are expected to fulfill their timing commitments to help ensure successful meets for our athletes.

- Timing assignments will be communicated prior to each meet.
- Please arrive on time and check in with the timing coordinator.
- No prior experience is needed – we will provide training!



TIMING DOES NOT COUNT TOWARD VOLUNTEER REQUIREMENTS.



VOLUNTEER REQUIREMENTS

Each family is required to fulfill annual volunteer credits to support our team and hosted meets. Credits are **PER FAMILY**, not per swimmer/water polo athlete.

GROUP	ANNUAL CREDITS
Senior Black	7
Senior Red	7
Senior White	5
Junior Black	7
Junior Red	6
Junior White	5
Age Group Black	7
Age Group Red	6
Age Group White	5
Age Group Gold	4
Age Group Silver	0
Age Group Bronze	0
Non-Competitive	0
Home School	0
Water Polo	TBD*

* Based on hosted tournaments.



FLEET AQUATIC CENTER
14654 Spring Cypress Rd.
Cypress, TX 77429



SPILLANE MIDDLE SCHOOL
17500 Jarvis Road
Cypress, TX 77429



BRIDGELAND HIGH SCHOOL
10707 Mason Rd.
Cypress, TX 77433



ARNOLD MIDDLE SCHOOL
11111 Telge Road
Cypress, TX 77429



DISCIPLINE



TEAMWORK



INTEGRITY



EXCELLENCE



fleetswimming.com



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