

SWIM FOR EXCEL AQUATICS

At MTSU

FREE TWO WEEK TRIAL

AUGUST 16-26

(Monday-Thursday)

2010-2011 PRACTICE SCHEDULE

Murfreesboro (MTSU)

Gallatin	Mon	Tue	Wed	Thu	Fri	Sat
Bronze	4:30-5:30 pm	x	X	4:30-5:30 pm	X	9:30-10:30am
Silver II	5:30-7pm	5:30-7 pm	5:30-7 pm	x	4-5:40pm	8-9:30am
Silver I	4:30-6:15pm	4:30-6:15pm	4:30-6:15pm	4:30-6:15pm	4-5:40pm	8-10am
Gold/Xtreme	4:30-7pm	4:30-6:30pm	4:30-7pm	4:30-6:30pm	4-5:40pm	8-10:30 am

Bronze II: The entry level for competitive swimmers. Attendance: 2-3 times weekly.

Bronze I: For developmental swimmers who need stroke development & conditioning for longer practices. Attendance: 2-3 times weekly.

Silver II: Swimmers who have mastered the strokes. Aerobic conditioning and fine-tuning of strokes is emphasized. Attendance: 3-4 times weekly.

Silver I: Swimmers who are training for Southeastern qualifying times, and ready for a higher level of interval training. Technique remains the emphasis. Attendance: 4-5 times weekly.

Gold I: For swimmers age 13-18 who compete at the Southeastern level. Attendance: 5-6.

For further information please feel to contact at our website, or our coaches at:

WWW.EXCELAQUATICS.ORG

Steven Murry: sjmurry@yahoo.com, 931-626-4688