



2025/2026 Practice Schedule

HIGH PERFORMANCE: Coach Edit Varga

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	6:15-7:15 AM The Tank	5:30-7:30 AM Magna	6:15-7:15 AM The Tank	5:30-7:30 AM Magna	5:30-7:30 AM Magna	7:30-10:00 AM Magna	
PM	4:00-6:30 PM Complex	4:00-5:30 PM Complex	4:00-6:00 PM Magna	4:00-5:30 PM Complex	4:00-5:00 PM The Tank		

SENIOR: Coach Edit Varga

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	6:15-7:15 AM The Tank	5:30-7:30 AM Magna	6:15-7:15 AM The Tank	5:30-7:30 AM Magna	5:30-7:30 AM Magna	5:30-8:00 AM Magna	
PM	4:00-6:30 PM Complex	4:00-5:30 PM Complex	4:00-5:30 PM Complex	4:00-5:30 PM Complex	4:00-5:00 PM The Tank		

AG1/2: Coach Colette Fitzgerald

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	5:30-7:30 AM Magna		5:30-7:30 AM Magna		5:30-7:30 AM Magna AG1 ONLY	6:00-7:00 AM The Tank 8:00-10:00 AM Magna	
PM	6:30-7:30 PM The Tank	4:00-6:00 PM Magna		4:00-6:00 PM Magna	4:00-6:00 PM Magna		

AG3: Coach Sam Shalovsky

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM			5:30-7:30 AM Magna			6:00-8:00 AM Complex 9:00-10:00 AM The Tank	
PM	4:00-6:00 PM Magna		4:00-6:00 PM Magna	4:00-6:00 PM Magna	4:00-5:30 PM Complex		

AG4: Coach Sam Shalovsky

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM				5:30-7:30 AM Magna		6:00-8:00 AM Complex	
PM	4:00-6:00 PM Magna		4:00-6:00 PM Magna	6:30-7:30 PM The Tank	4:00-5:30 PM Complex		

AG5: Coach Jordan Doner

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM			5:30-7:00 AM SAC			6:00-8:00 AM SAC	
PM	4:30-5:30 PM The Tank	4:00-6:00 PM Magna			4:00-6:00 PM Magna		

DEV 1: Coach Jordan Doner

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM						8:00-9:30 AM SAC	
PM	6:30-8:00 PM SAC		6:30-8:00 PM SAC		6:30-8:00 PM SAC		

DEV 2: Coach Jordan Doner

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM							
PM	6:30-8:00 PM SAC		6:30-8:00 PM SAC		6:30-8:00 PM SAC		

WAVE: Coach Bernice Lee

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM						8:00-9:00 AM Complex	
PM			5:30-6:30 PM Complex		5:30-6:30 PM Complex		

SPLASH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PM		5:30-6:15 PM Complex		5:30-6:15 PM Complex			