



Sparks Piranhas Swim Team
2025-26 Short Course Practice Schedule

<u>Group</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
<u>Yellow</u>	M-Th	5:00 – 5:30 p.m.	Alf Sorensen
<u>Yellow Advanced</u>	M-Th	5:30 – 6:15 p.m.	Alf Sorensen
<u>Black</u>	M-Th	4:00 – 5:00 p.m.	Alf Sorensen
	Fri	4:00 – 5:00 p.m.	Parkway (dryland only)
<u>Bronze</u>	M-Th	6:15 – 7:15 p.m.	Alf Sorensen
	Fri	4:00 – 5:00 p.m.	Parkway (dryland only)
<u>Silver</u>	M & W	7:15 – 8:15 p.m.	Alf Sorensen
	T & Th	7:15 – 8:30 p.m.	Alf Sorensen
	Fri	4:00 – 5:00 p.m.	Parkway (dryland only)
	Sat	10:00 – 11:00 a.m.	Alf Sorensen
<u>Senior</u>	M & W	6:30 – 8:15 p.m.	Alf Sorensen (dryland, then swim)
	T, & Th	7:15 – 8:15 p.m.	Alf Sorensen (swim)
	Fri	3:45 – 4:45 p.m.	Parkway (strength and conditioning only)
	Sat	10:00 – 11:00 a.m.	Alf Sorensen (swim)
<u>Gold</u>	M & W	7:15 – 8:45 p.m.	Alf Sorensen (swim)
	T & Th	6:30 – 7:10 p.m.	Alf Sorensen (dryland)
		7:15 – 8:45 p.m.	Alf Sorensen (swim)
	Fri	4:00 – 5:00 p.m.	Parkway (dryland only)
	Sat	10:00 a.m. – noon	Alf Sorensen (swim)
<u>Elite</u>	M & W	5:40 – 6:40 p.m.	Parkway (strength and conditioning only)
		7:00 – 8:45 p.m.	Alf Sorensen (swim)
	T & Th	6:30 – 8:45 p.m.	Alf Sorensen (dryland, then swim)
	Fri	3:45 – 4:45 p.m.	Parkway (strength and conditioning only)
	Sat	10:00 a.m. – noon	Alf Sorensen
<u>Varsity</u>	M-Th	5:40 – 6:40 p.m.	Parkway (strength and conditioning only)
*80% mandatory		7:00 – 8:45 p.m.	Alf Sorensen
attendance required	Fri	3:45 – 4:45 p.m.	Parkway (strength and conditioning only)
for this group	Sat	10:00 a.m. – noon	Alf Sorensen
<u>Varsity +</u>	M & W	5:40 – 6:40 p.m.	Parkway (strength and conditioning only)
*90% mandatory		7:00 – 8:45 p.m.	Alf Sorensen
attendance required	T & Th	6:00 – 6:45 a.m.	Alf Sorensen
for this group,		5:40 – 6:40 p.m.	Parkway (strength and conditioning only)
plus a nutritional plan,		7:00 – 8:45 p.m.	Alf Sorensen
mandatory morning	Fri	3:45 – 4:45 p.m.	F410 (weights only)
practices...	Sat	10:00 a.m. – noon	Alf Sorensen