

Chadwick High School

Boys & Girls Water Polo Summer Practice Schedule

Starts June 21st – Ends July 23rd

Times: These times will hold true for all 5 weeks of training EXCEPT “hell week”.

Mondays: 6am – 8am Pool
8am – 9:30 Weights Tentative for Now
5:30pm – 7:45pm Pool

Tuesdays: 6am – 8am Pool
8am – 9:30 Weights Tentative for Now
5:30pm – 7:45pm Pool

Wednesdays: No Morning Practice
Afternoon’s playing @ various pools

Thursdays: 6am – 8am Pool
Boys: Evening Games @ PVHS
Girls: Tentative Conditioning Practice 5:30 – 7:30

Fridays: 6am – 8am Pool
8am – 9:30 Weights Tentative for Now
No Afternoon Practice

Saturdays: Tentative AM practice ran by graduated Seniors

HELL WEEK: JULY 5TH – JULY 9TH

Mondays: 6am – 11am Track/Pool (1 hr break from 8 – 9)
5:30pm – 8:30 pm Pool

Tuesdays: 6am – 11am Track/Pool (1 hr break from 8 – 9)
5:30pm – 8:30 pm Pool

Wednesdays: 6am – 11am Track/Pool (1 hr break from 8 – 9)
Afternoon’s playing @ various pools

Thursdays: 6am – 11am Track/Pool (1 hr break from 8 – 9)
Boys: Evening Games @ PVHS
Girls: Tentative Conditioning Practice 5:30 – 7:30

Fridays: 6am – 11am Track/Pool (1 hr break from 8 – 9)
 6pm – 8pm Track/Pool

- The CIF dead period runs from July 24th until Aug. 15th. During this time the kids cannot be practicing with me or at school.
- I encourage everyone to stay in shape during the dead period!!! (Kurt & Carlyn would!) However, please enjoy the time off and stay safe!
- Boys Pre-Season Practice will start up again on Aug 16th and will run up until school starts.
- Aug 16th – Start of School: Times are not set yet due to my schedule on the beach being in flux at that time. However, expect to be at Chadwick a lot for practice with either coach Pat or myself. I expect everyone to be free during the week and on Saturday mornings for those few weeks. It will hopefully run like it did last summer.
- I will be sending another e-mail with instructions about how to prepare for these practices, what to bring, and what I expect.