



DART Swimming Sacramento

Senior Practice Information at Swimstitute

Please be sure to not only check your scheduled swim day/times, but also know your assigned pool starting location and your bag drop location (for your dry bags), and entering location.

Document Contents:

1. Senior Schedule
2. Parent Zoom Information for Swim Workouts
3. Senior Group Assignments and Location Assignments
4. Pool Diagram

Seniors- 6/1/2020

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Whole Group	<u>Zoom</u>						OFF
Blue Group	<u>Swim</u> 8:00- 9:30 PM	<u>Dryland</u> WOD #1	<u>Swim</u> 8:00- 9:30 PM	<u>Dryland</u> WOD #2	<u>Swim</u> 8:00- 9:30 PM	<u>Dryland</u> WOD #3	OFF
Black Group	<u>Dryland</u> WOD #1	<u>Swim</u> 8:00- 9:30 PM	<u>Dryland</u> WOD #2	<u>Swim</u> 8:00- 9:30 PM	<u>Dryland</u> WOD #3	<u>Swim</u> 5:00- 6:30PM	OFF



Blue Group Assignments

Black Group Assignments

<u>Name</u>	<u>Enter Spot</u>	<u>Bag Spot</u>	<u>Lane Spot</u>		<u>Name</u>	<u>Enter Spot</u>	<u>Bag Spot</u>	<u>Lane Spot</u>
C. Barry	1	2	8		M. Adams	1	2	8
A. Brandt	10	4	15		H. Adamson	19	9	22
D. Choy	4	12	5		S. Brahe	7	15	2
A. Davis	9	3	16		V. Cao	23	23	19
S. Fierro	8	16	1		M. Cheung	11	5	14
C. Flemming	22	22	18		H. Fesai	9	3	16
S. Frazelle	17	7	24		H. Ghufuran	5	13	4
N. Grino	11	5	14		L. Huang	24	24	20
T. Higdon	21	21	17		B. Ignacio	14	18	10
C. Lanting	5	13	4		J. Ignacio	2	1	7
K. Lawrence	2	1	7		Kesha	13	17	9
M. Leisten	24	24	20		J. Kimmelshue	8	16	1
J. Torres	14	18	10		M. Lemire	6	14	3
A. Ongaco	3	11	6		M. Miller	17	7	24
E. Peters	19	9	22		Kaleo Nabeta	18	8	23
G. Schroer	18	8	23		Kailee Nabeta	22	22	18
A. To	6	14	3		M. Ng	4	12	5
T. Townsend	23	23	19		M. Papantoniadis	12	6	13
T.A. Nguyen	12	6	13		B. Schmid	20	10	21
A. Twinning	-	-	-		Z. Scrima	10	4	15
M. Votova	20	10	21		C. Stone	21	21	17
A. Vulgas	7	15	2		G. Windmiller	3	11	6

DART

S A C R A M E N T O

Pool Diagram

