

South Run Programs

DRAFT SCHEDULE– TIMES SUBJECT TO CHANGE

South Run
Pool Coach: Jared Diallo

Program	Day(s)	Times	Winter Schedule (11/4-1/27)	Coach
Masters	M T Th F Sat.	5:00-6:00 AM 7-8 AM		Jared Diallo
Gold <i>*Coaches Approval Required*</i>	M/W T/Th/Fr Sat. T and/or Th Dryland <i>*Healthy Baller Fairfax*</i>	4:15-6:00 PM 5:00-6:30 AM 7-8:45 AM 5-6 PM	M/W 4:30-6:00	Jared Diallo
Select <i>*Coaches Approval Required*</i>	M/F T/Th Sat. T or Th Dryland <i>*Healthy baller Fairfax*</i>	4:15-6:00 PM 5-6:30 AM 7- 8:45 AM 5-6 PM	M 4:30-6:00	Jared Diallo
Silver	T/Th Fr Sat	5-6 PM 4-5 PM 7-8:30 AM		Ricky Veatch
HS Conditioning <i>**Ends the Saturday before HS tryouts**</i>	T/Th Sat	4-5 PM 7-8:30		Ricky Veatch
Age Group 3 AM	T Th F	6:00-7:00 AM		Doug Kraemer
Age Group 3 PM	M W F	5:00-6:00 PM		Ricky Veatch
Age Group 2 PM	T Th	5-6 PM		Doug Kramer
Age Group 2 AM	T Th	6:30-7:30 AM		Jared Diallo
Age Group 1	W F	5-6 PM		Emilee Hayward

No swim dates will be posted as the 24-25 schedule is confirmed

** Coaching assignments and schedules may be changed prior to the start of the season **