

Baton Rouge Senior Groups- Fall, Winter and Spring Schedule

Senior Black

Coach Mathew + Coach Jayme + Coach Billy

Monday/Friday AM: Swim 5:00-6:30am

Monday/Wednesday PM: Swim 3:45-5:15pm Strength 5:30-6:15pm

Tuesday/Thursday PM: 3:45-5:55pm Swim and 6:00-6:15pm Core [group led on own after swim]

Friday PM: 3:45-5:15pm Strength (HS Season) and 3:45-5:30pm Swim w/SW (non HS Season Season)

Saturday: 6:30-8:00am (During HS Season- before HS Meets) and 6:45-9:00am Swim + 9:00-10:00am Strength (Non HS Season)

*Optional Wednesday AM Available: 5:00-6:30am (throughout most the school year)

93% attendance requirement = 30/32

- Will have about 20 in group

Senior Grey

Coach Mathew + Coach Billy + Coach Jayme

Monday/Friday AM: Swim 5:00-6:30am

Monday/Wednesday PM: 3:45-3:55pm Core and 4:00-6:00pm Swim

Tuesday/Thursday PM: 3:45-4:20 Strength and 4:30-6:00pm Swim

Friday- HS Season Off- Non HS Season 3:45-5:30pm

Saturday: 6:30-8:00am (During HS Season- before HS Meets) and 6:45-9:00am Swim

*Optional Wednesday AM Available: 5:00-6:30am (throughout most the school year)

93% attendance requirement = 30/32

- Group size dependent upon Coaching Staff

Senior White

Coach Mathew + Coach Billy + Coach Jayme

Monday/Wednesday PM: 3:45-3:55pm Core and 4:00-6:00pm Swim

Tuesday/Thursday PM:

3:45-4:20 Strength and 4:30-6:00pm Swim OR

3:45-5:15pm and 5:25-6:00pm Swim

Friday- HS Season Off- Non HS Season 3:45-5:30pm

Saturday 6:30-8:00am (During HS Season- before HS Meets) and 6:45-9:00am (Non High School Season)

*Optional Wednesday AM Available: 5:00-6:30am (throughout most the school year)

80% attendance requirement = 20/25

- Will have about 40 people in the group

Senior Red

Coaches Mathew + Coach Billy + Other Coach TBD

-Monday- Thursday, 6:00-7:45pm Swim [M/W Core + Tu/Th Strength]

-Friday-4:30-6:00pm HS Season

-Saturday 9-10:30am Non HS Season

70% Practice Attendance Encouraged

- Will have about 40-50 people in the group

****Note: Summer will be different with different practice times and offerings.****