

Mardi Gras Training Schedule 2026

Novice, 9 & U / Age Group Division, 6:45pm AG/MS and HS Group:

- No practice Mon/Tues, Feb 16-17
- Resume regular practice schedule on Wed, Feb 18.

Junior and Senior Division groups:

- Morning practice on Monday /Tuesday; resume regular schedule on Wednesday, February 18.

Monday February 16

- SB/SW: 7:00-9:00am Swim (core after for AG State athletes)
- SR: 9-10:30am Swim
- JB: Last Strength Circuit 8:30, Swim 9:15-11:00am
- JW Core: 9am, Swim 9:20-10:50am
- JR with JW

Tuesday February 17

- SB/SW: 7:00-9:00am Swim (Strength after for AG State athletes 8:30-9:00am- last one of season)
- SR: 9:00-10:30am Swim
- JB: Core: 9am, Swim 9:20-11:00am
- JW; Swim only 9:20-10:30
- JR: with JW

Resume regular school year schedule on Wednesday, February 18.

Senior division groups see specific Senior State / Age Group state practice schedule and adjustments on Feb 18-28 Senior Schedule document.

Wednesday February 18

Regular schedule
*No Optional Morning

Thursday February 19

Senior State Athletes will be in Sulphur
SB/SW Swim with Strength normal time-
SR- Swim (no strength)

Friday February 20

Senior State Athletes will be in Sulphur
SB/SW 3:45am-5:15pm Swim
SR- OFF

Saturday February 21

Senior State Athletes will be in Sulphur
SB/SW/SR- 7-9am Swim [AG State Athletes Only]

Monday February 23

SB TBD
SW Age Group State Normal (Senior State Athletes OFF)
SR Normal

Tuesday February 24

SB Normal
SW Age Group State Normal Swim Team (Senior State Athletes OFF)
SR Normal

Wednesday February 25

SB Normal
SW Normal
SR Normal
*No Optional Morning

Thursday February 26

SB Normal
SW Senior State Normal (Age Group State at Meet or Loosen at CA)
SR Normal

Friday February 27

SB/SW (Senior State)- Normal PM

	<p><u>Saturday February 28</u></p> <p>SB/SW (Senior State)- Normal AM SR OFF</p>
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