

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.

<p><u>Wednesday February 18</u></p> <p>Regular schedule *No Optional Morning</p> <p><u>Thursday February 19</u></p> <p>Senior State Athletes will be in Sulphur SB/SW Swim with Strength normal time- SR- Swim (no strength)</p> <p><u>Friday February 20</u></p> <p>Senior State Athletes will be in Sulphur SB/SW 3:45am-5:15pm Swim SR- OFF</p> <p><u>Saturday February 21</u></p> <p>Senior State Athletes will be in Sulphur SB/SW/SR- 7-9am Swim [AG State Athletes Only]</p>	<p><u>Monday February 23</u></p> <p>SB TBD SW Age Group State Normal (Senior State Athletes OFF)</p> <p>SR Normal</p> <p><u>Tuesday February 24</u></p> <p>SB Normal SW Age Group State Normal Swim Team (Senior State Athletes OFF)</p> <p>SR Normal</p> <p><u>Wednesday February 25</u></p> <p>SB Normal SW Normal SR Normal *No Optional Morning</p> <p><u>Thursday February 26</u></p> <p>SB Normal SW Senior State Normal (Age Group State at Meet or Loosen at CA) SR Normal</p> <p><u>Friday February 27</u></p> <p>SB/SW (Senior State)- Normal PM</p>
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Saturday February 28

SB/SW (Senior State)- Normal AM
SR OFF