

## Mardi Gras Training Schedule 2026

### 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

#### 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

### Senior and Age Group State Meet Training Schedule 2026 (Feb 18-28)

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