

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)

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