

2011/12 ANHS Girls Water Polo Practice Schedules

Frosh/Soph Practice Schedule: (Begins Nov. 14th)

Mon: 1:55-4:00pm

1:55-2:25 whole pool = swim/conditioning

2:25-4:00 whole pool = water polo

Tue/Thu: 1:10 – 3:30

1:05-1:40 whole pool = swim/conditioning

1:40-3:30 whole pool = water polo

Wed/Fri: 2:55-5:15

2:55 - 4:30 deep end = water polo

4:30 – 5:15 weight room/weights

Sat: 8:00am-10:00am

8:00-9:30 whole pool = water polo

9:30- 10:00 weight room/dry land

Varsity & JV Practice Schedule: (Begins Nov. 14th)

Mon: 6:00–7:20am; 2:55-5:30pm

6:00-7:20am dry land/swimming

2:55-3:40 weights/dry land

3:45-4:00 shallow end = warm-up

4:00-5:30 deep end = water polo

Tue/Thu: 6:00–7:20am; 2:55-5:30pm

6:00-7:20am deep end =swimming

2:55-3:45 weight room = weights

3:50-5:30 deep end = water polo

Wed/Fri: 6:00–7:20am; 2:55-5:30pm

6:00-7:20am dry land

2:55-4:15pm shallow end = swimming/conditioning

4:15-5:30pm deep end = water polo

Sat: 9:00am-11:00am

9:00-9:30 shallow end = warm/conditioning

9:30-11:00 deep end = water polo

***Morning practices are not required for F/S players. However, attending the T/TH swim workouts is highly suggested and will greatly benefit individual improvement.**