

2009/10 ANHS Girls Water Polo Practice Schedules

Novice & Frosh/Soph Practice Schedule

Mon: 1:55-4:00pm

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

2:25-3:25 whole pool = water polo

3:30-4:00 weight room = weights/dry land

Tue/Thur: 1:10 – 3:30

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

1:40-2:55 whole pool = water polo

3:00-3:30 weight room = weights/dry land

Wed/Fri: 2:55-5:15

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

4:10 – 4:40 shallow end = swim/conditioning

4:45 – 5:15 weight room = weights/dry land

Sat: 8:00am-9:30am

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

Varsity & JV Practice Schedule

Mon: 6:00–7:20am; 2:55-5:30pm

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

2:55-3:55 weight room = weights/dry land

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

Tue/Thur: 6:00–7:20am; 2:55-5:30pm

6:00-7:20am weight room = weights/dry land

2:55-3:30 whole pool = swim/conditioning

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

Wed/Fri: 6:00–7:20am; 2:55-5:30pm

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

2:55-3:55pm weight room = weights/dry land

4:00-4:15pm shallow end = warm up

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 M/W/F swim workouts is highly suggested and will greatly benefit individual improvement.**