

TYDE Practice Sites & Times - (starting 2/21/11)

TYDE EAST

Developmental Team (all ages) -	Monday/Wednesday/Friday	5:15-6:15pm	Kernersville Y	Coach Sarah
Age Group 1 (10&under) Team -	Monday through Friday	6:30-7:45pm	Kernersville Y	Coach Jo
Age Group 2 (11&over) Team -	Monday through Friday	6:15-7:45pm	Kernersville Y	Coach Sarah
Senior Team -	Monday/Wednesday/Friday	4:30-6:30pm	Winston Lake Y	Coach John
<i>(w/ Nat Prep)</i>	Tuesday/Thursday	4:30-6:45pm	WGW Y	Coaches Robin & John
<i>(w/ Nat Prep, National & Elite)</i>	Tuesday/Thursday	5:30-6:45am	WGW Y	Coaches Mike & John
<i>(w/ Nat Prep, National & Elite)</i>	Saturday	8:30-11:00am	WGW Y	Coaches Robin & John

TYDE NORTH

Developmental (10&under) Team -	Monday/Tuesday/Thursday	4:00-5:00pm	Fulton Y	Coach Megan
Developmental (11&over) Team -	Monday/Tuesday/Thursday	5:00-6:00pm	Fulton Y	Coach Megan
Developmental Team -	Monday/Tuesday/Thursday	5:30-6:30pm	Stokes Y	Coach Steve
Age Group Team -	Monday through Friday	4:30-6:00pm #	Fulton Y	Coach Megan
Age Group Team -	Monday through Friday	5:30-7:00pm #	Stokes Y	Coach Jen

TYDE CENTRAL

Developmental Team -	Monday through Friday *	5:00-6:00pm	Jerry Long Y	Coach Sandy & Alan
Developmental Team -	various by ability ^	various by ability ^	WGW Y	Coach Tom, MaryJane & Jireh
Age Group 1 (10&under) Team -	Monday through Friday	3:45-5:00pm	Jerry Long Y	Coaches Sandy & Alan
Age Group 1 (10&under) Team -	Monday through Friday	4:00-5:15pm	WGW	Coaches Tom
Age Group 2 (11&over) Team -	Monday through Friday	4:00-5:30pm	Jerry Long Y	Coaches Marie & Sandy
Age Group 2 (11&over) Team -	Monday through Friday	3:45-5:15pm	WGW Y	Coaches Robin & Desiree'

TYDE SOUTH/WEST

Developmental Team -	Monday/Tuesday/Thursday	4:00-5:00pm	Davie Y	Coach Jessica
Developmental Team -	Monday/Wednesday	5:00-6:00pm	Wilkes Y	Coach Claire
	Friday	4:30-5:30pm	Wilkes Y	Coach Claire
Developmental Team -	Tuesday/Thursday/Friday	5:00-6:00pm	Yadkin Y	Coach Joy
Age Group Team -	Monday through Friday	5:00-6:30pm #	Davie Y	Coach Jessica
Age Group Team <i>(spring 2011)</i> -	Monday through Friday	5:00-6:30pm #	Wilkes Y	Coach Leshia
Age Group Team -	Monday through Friday	4:30-6:00pm #	Yadkin Y	Coaches Joy & Oz
Senior Team -	Monday/Tuesday/Thursday	4:00-6:00pm	Yadkin Y	Coaches Joy & Oz
	Wednesday/Friday	4:00-6:30pm	Yadkin Y	Coaches Joy & Oz
<i>(w/ Nat Prep, National & Elite)</i>	Saturday	8:30-11:00am	WGW Y	Coaches Robin & John

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ADVANCED TEAMS

National Prep Team

<i>(w/ Senior-WL)</i> <i>(w/ Nat Prep, National & Elite)</i> <i>(w/ Nat Prep, National & Elite)</i>	Monday/Wednesday/Friday	5:15-7:15pm	WGW Y	Coach Robin
	Tuesday/Thursday	4:30-6:45pm	WGW Y	Coaches Robin & John
	Tuesday/Thursday	5:30-6:45am	WGW Y	Coaches Mike & John
	Saturday	8:30-11:00am	WGW Y	Coaches Robin & John

National & Elite Teams

<i>(w/ Senior-WL, National & Elite)</i> <i>(w/ Senior-WL, National & Elite)</i>	Monday/Wednesday/Friday	4:30-6:45pm	Kernersville Y	Coaches Mary & Scott
	Tuesday/Thursday	4:30-6:45pm	Winston Lake Y	Coaches Mike, Mary & Scott
	Monday/Wednesday/Friday	5:30-6:45am	WGW Y	Coach John
	Tuesday/Thursday	5:30-6:45am	WGW Y	Coaches Mike & John
	Saturday	7:00-9:30am	WGW Y	Coaches Mike & Mary
	Sunday (make up practice)	12:30-2:30pm	WGW Y	rotating coach

Masters/Triathlon Team

Monday/Tuesday/Thursday/Friday	6:00-7:00am	Jerry Long Y	Coaches Doug & Jennifer
Monday/Wednesday/Friday	5:30-7:00am	WGW Y	Coaches Tom & John
Saturday (bike & run only)	7:30-9:00am %	WGW Y	Coaches James & Pam

practice times in green include strength training

= 10 & under swimmers will be excused 15 minutes early

** = swimmers may swim up to three (3) practices per week*

^ = please see the explanation of Developmental structure online under Sites/Practices

% = every first and third Saturday of each month

For more information on TYDE, please visit www.swimtyde.org!