



## 2008 Spring/Summer Practice Plan for Team Pittsburgh Aquatics (TPIT)

This is our master plan for practice assignments as of April 17, 2008. There may be periodic changes.  
Please check with the TPIT hotline (412) 648-9858 or on the website at [www.teampittsburgh.com](http://www.teampittsburgh.com) for updates.

**KEY→**                      **AG/DV= Age Group/Developmental**                      **SR= Senior Team**                      **MA=Masters**

**Week of April 21-April 26, 2008**  
**(Normal week- pre-construction)**

AG/DV-	M,W,F	5:00-6:30pm-	Trees, Small Pool
SR-	M,T,W,TH,F	5:00-7:00pm-	Trees, Main Pool

**April 27-28 (Sat, Sun)**

**Dan Mazzei Sprint Challenge Meet**

7:30-8:30am-	Warm-up
8:30-10:30am-	Meet

**Beginning April 28, 2008 (Monday)**  
**Through June 14, Saturday, 2008**  
*(Trees Main Pool is drained April 28)*

*(Main Practices will be mixed a.m. and p.m. during this period depending on the group and age of the swimmer. There will be an opportunity for doubles for the SR team.)*

**MORNING Practices**

SR-	M,T,W,TH,F	6:00-7:30am-	Trees, Small Pool (Assigned, check w/coach)
SR-	M,T,W,TH,F	8:00-10:00am-	CMU Pool (Assigned, check with coach)
SR-	SA	10am-12noon-	CMU Pool (Assigned, check with coach)
AG/DV-	SA	7:00-9:00am-	Trees, Small Pool

**AFTERNOON Practices**

AG/DV-	M,W,F	5:00-6:30pm-	Trees, Small Pool
SR-	M,W,F	5:00-7:00pm-	Chatham College (Assigned, check w/coach)
SR-	T,TH	5:00-6:30pm-	Trees, Small Pool (Assigned, check w/coach)
SR-	(M-F Possible)	3:00-5:00pm-	Trees, Small Pool (Assigned, check w/coach)

**Beginning June 16, 2008 (Monday)**  
**Through August 8, 2008 (Friday)**

*(Main Practices will be primarily at Highland Park in the a.m. for this period for AG/SR. DV swimmers will remain at Trees, small pool. Trees small pool will be used for backup facility in the case of rain or bad weather. **CHECK the website first before going to Pitt.**)*

**MORNING Practices**

*(Main practice)*

SR/AG-	M,T,W,TH,F	7:00-9:00am-	Highland Park (LCM)
SR-	M,T,W,TH,F	6:00-8:00am-	Trees, Small Pool (Weather backup- see above)
SR/AG-	SA	9:00-11:00am-	Highland Park (LCM)
DV-	SA	7:00-9:00am-	Trees, Small Pool

**AFTERNOON Practices**

*(Main practice for DV, second practice for AG/SR)*

DV-	M,W,F	5:00-6:30pm-	Trees, Small Pool
SR-	M,T,W,TH,F	2:30-4:30pm-	Trees, Small Pool (Assigned, check w/coach)

**MASTERS SCHEDULE**

**April 30, 2008 (Wednesday)**  
**Through May 16, 2008 (Friday)**

MA-	M,T,TH	5:45-7:00am-	Trees, Small Pool
MA-	M,T,W,TH	5:00-6:30pm-	CMU Pool

**May 19, 2008 (Monday)**  
**Through August 1, 2008 (Friday)**

MA-	M,T,TH	5:45-7:00am-	Trees, Small Pool
MA-	M,T,W,TH	6:30-8:00pm-	CMU Pool