



NOTES ON FALL '25 MADISON SCHEDULE

THIS DOCUMENT & INFORMATION IS MEANT TO COMPLEMENT THE POSTED SCHEDULES BY EXPLAINING SOME ADDITIONAL DETAILS AND DESCRIBING SOME OF THE SCHEDULE NUANCES

GENERAL NOTES ON THE SCHEDULE

- The schedule is pretty set, but still labeled 'tentative'
 - We feel pretty good about the schedule and nearly every practice for nearly every group won't change before September 15th. But please be aware that sometimes we have to make a few last-minute tweaks.
- There are going to be some single-week changes
 - These are generally due to BAC meets, WIAA meets, or events & holidays. BAC meets usually disrupt weekends, with practices cancelled on several meet weekends. WIAA meets typically affect Tuesdays and Fridays, though there are some 'irregular' meets this year due to holidays. And obviously there are holiday and event (like UW football games) changes as well
- There may be weekly changes in November
 - The 'fall session' runs until early December, but we often make adjustments in November when the girls WIAA season ends and the boys WIAA starts. (Our pool availability often changes from one season to the next.)
- Some groups have something like "w/ 30 of DL". This means the listed time will include 30 minutes of dryland training that night. For Fall 2025 we're excited to be able to offer a bit more extensive dryland for several of our groups!

GROUP SPECIFIC NOTES ON THE SCHEDULE

- WS Trophy & Ribbon 'Friday Focus'
 - Something we started and loved last year! Each week will have a specific and scheduled skill we'll be working on with a combination of video presentation and underwater camera filming!
- ES Trophy & Silver Thursdays
 - One group will be from 6:00 – 7:00pm and the other from 7:00 – 8:00pm. We'll decide based on group sizes after the first round of Madison NSEs and let our ES swimmers know!
- ES Groups attending WS practices
 - ES swimmers are welcome and encouraged to attend practices on the weekend that are offered on the west side. Great chance for more pool time to and to get to meet other swimmers!
- Junior Premier will be split on Wednesdays
 - We're always looking to innovate, and this is something new we're trying based on what some other very successful teams have been doing. On Wednesday nights in the fall we'll be splitting the Junior Premier group and having those swimmers attend either Senior or Gold practice. Swimmers in JP will get an email with more specific information

GO BAC!