



SENIOR NATIONAL TEAM TRIALS

MAY 1, 2026

SCHEDULE AS OF 4-23-2026

8:00 a.m.	Meeting
8:30 a.m.	Individual Warm-up
9:00 - 10:00 am	Test 1 - Basic Skills Set
9:15 - 10:15 am	Test 2 - Interviews (part 1)
10:15 - 10:45 am	Warm-Up Routine
10:45 - 11:30 am	Test 3 - Tech Team Section - Individual Swim
11:00 - 12:00 pm	Test 2 - Interviews (part 2)
12:00 - 12:30 pm	Lunch Break
12:30 - 2:00 pm	Test 4 - Acrobatics Assessment / Flyers Assessment
	Debrief with Athletes



SENIOR NATIONAL TEAM TRIALS

MAY 2, 2026

SCHEDULE AS OF 4-23-2026

8:00am	Meeting
8:30 - 9:00 am	Warm-Up
9:00 - 10:00 am	Test 5 - "Show Us What You Got"
10:30 am	Group Announcement
10:45 - 12:30 am	Test 6 - Technical Team Group Swim
12:30 - 1:00 pm	Lunch Break
1:00 - 3:00 pm	Free Routine Choreography I - Coach Paula
2:00 - 3:00 pm	Test 7 - Free Routine Group Swim
	Debrief with Athletes



SENIOR NATIONAL TEAM TRIALS

MAY 3, 2026

SCHEDULE AS OF 4-23-2026

7:30 am	Meeting
7:45 am	W-Up
8:00 - 9:15 am	Test 8 - Free Routine II Group Swim
	Break
11:00 - 12:00 pm	Group Session with Karen Cogan
12:15 p.m.	Final Squad Announcement