

Saline Stingrays

Fall 2014 First Week & Week of 9/1-9/7

*** All Training will take place at Saline High School unless otherwise indicated ***

*** Swimmers are to report to the pool 10 minutes before their scheduled time***

*** Due to home high school events, training is not conducted everyday. Please pay attention to weekly e-mail updates***

Mon 8/25	Tue 8/26	Wed 8/27	Thu 8/28	Fri 8/29	Sat 8/30	Sun 8/31
PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Water 5-7 pm	PLATINUM: 3-5 pm	PLATINUM: Water 9-11 am		
	GOLD: Land 5:30-6 pm Water 6-7:30 pm	GOLD: 5:30-7 pm	6 pm Please join us for a team social gathering and Picnic. Details to follow soon!	GOLD: Water 6-7:00 pm		
	Titanium: Water 6-7:30 pm	Titanium: 5:30-7 pm				
	SILVER: 6:30-7:30 pm			SILVER: 5-6 pm		
	BRONZE: 5-6 pm	BRONZE: 5-6 pm		BRONZE: 6-7 pm		
		Mini-Rays (A & B) 5-5:45 pm A/B group placement				

Mon 9/1	Tue 9/2	Wed 9/3	Thu 9/4	Fri 9/5	Sat 9/6	Sun 9/7
Labor Day No Practice	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Water 9-11 am	
	GOLD: Land 5:30-6 pm Water 6-7:30 pm	GOLD: 5:30-7:30 pm	GOLD: Land 5:30-6 pm Water 6-7:30 pm	GOLD: Water 6-7:30 pm	GOLD: Land 10:15 am Water 11-1 pm	
		Titanium: 5:30-7:30 pm	Titanium: Water 6-7:30 pm		Titanium: Water 11-1 pm	
	SILVER: 6:30-7:30 pm		SILVER: 5-6 pm	SILVER: 5-6 pm	SILVER: 1:00-2:00 pm	
	BRONZE: 5-6 pm	BRONZE: 6:30-7:30 pm		BRONZE: 6:30-7:30 pm	BRONZE: 1:00-2:00 pm	
		Mini-Rays (A) 5:00-5:45 pm Mini-Rays (B) 5:45-6:30 pm			Mini-Rays (A) 11:00-11:45 am Mini-Rays (B) 11:45-12:30 pm	