

# Saline Stingrays

## Week Ahead 10/13-10/26

\*\*\* 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 10/13	Tue 10/14	Wed 10/15	Thu 10/16	Fri 10/17	Sat 10/18	Sun 10/19
<b>PLATINUM:</b> Land 4 pm Water 5-7 pm	<b>PLATINUM:</b> Land 4 pm Water 5-7 pm	<b>PLATINUM:</b> Water 3:30-5 pm		<b>PLATINUM:</b> Land 4 pm Water 5-7 pm	<b>USA SMAC Meet (Registered USA Swimmers only)</b>	<b>USA SMAC Meet (Registered USA Swimmers only)</b>
<b>GOLD:</b> Water 6-7:30 pm	<b>GOLD:</b> Land 5:30-6 Water 6-7:30 pm	<b>No Practice Home HS Boys Polo</b>  <b>*USA Pasta Dinner 6 pm Harvest</b>	<b>GOLD:</b> Water 7:30-8:30 pm @ Rec Center	<b>GOLD:</b> Water 6-7:30 pm		
<b>Titanium:</b> Water 6-7:30 pm	<b>Titanium:</b> Water 6-7:30 pm		<b>No Practice Home HS Girls Meet</b>	<b>Titanium:</b> Water 6-7:30 pm		
<b>SILVER:</b> 5-6 pm	<b>SILVER:</b> 6:30-7:30 pm			<b>SILVER:</b> 5-6 pm		
	<b>BRONZE:</b> 5-6 pm			<b>BRONZE:</b> 6:30-7:30 pm		
<b>Mini-Rays (A)</b> 5:00-5:45 pm						
<b>Mini-Rays (B)</b> 5:45-6:30 pm						
Mon 10/20	Tue 10/21	Wed 10/22	Thu 10/23	Fri 10/24	Sat 10/25	Sun 10/26
<b>PLATINUM:</b> Land 4 pm Water 5-7 pm	<b>PLATINUM:</b> Land 4 pm Water 5-7 pm	<b>No Practice Home HS Boys Polo</b>  <b>*Additional practices may be added for some groups</b>	<b>No Practice Home HS Girls Meet</b>  <b>*Additional practices may be added for some groups</b>	<b>Team Bonding U of M Quad Meet Arrive 5:30 pm</b>	<b>PLATINUM:</b> Will train Time TBA	<b>PLATINUM:</b> Water 2-4 pm
<b>GOLD:</b> Water 6-7:30 pm	<b>GOLD:</b> Land 5:30-6 pm Water 6-7:30 pm				<b>GOLD:</b> Will train Time TBA	<b>GOLD:</b> Water 2-4 pm
<b>Titanium:</b> Water 6-7:30 pm	<b>Titanium:</b> Water 6-7:30 pm				<b>SMSL Meet Home vs Chelsea (Butterfly Meet)</b>  <b>Arrive 10:45 am Meet Start Noon</b>	<b>Titanium:</b> Water 2-4 pm
<b>SILVER:</b> 5-6 pm	<b>SILVER:</b> 6:30-7:30 pm					<b>SILVER:</b> 4:00-5:00 pm
<b>BRONZE:</b> 5-6 pm	<b>BRONZE:</b> 5-6 pm					<b>BRONZE:</b> 4:00-5:00 pm
<b>Mini-Rays (A)</b> 5:00-5:45 pm						<b>Mini-Rays (A)</b> 2:00-2:45 pm
<b>Mini-Rays (B)</b> 5:45-6:30 pm						<b>Mini-Rays (B)</b> 2:45-3:30 pm