

Saline Stingrays

Week Ahead 10/6-10/19

*** 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 10/6	Tue 10/7	Wed 10/8	Thu 10/9	Fri 10/10	Sat 10/11	Sun 10/12
PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Water 5-7 pm	PLATINUM: Water 3:30-5 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Water 9-11 am	
GOLD: Water 6-7:30 pm	GOLD: Land 5:30-6 Water 6-7:30 pm	GOLD: 6-7:30 pm	No Practice Home HS Girls Meet	GOLD: Water 6-7:30 pm	GOLD: Land 10:15 am Water 11-1 pm	
Titanium: Water 6-7:30 pm		Titanium: 5:30-7:30 pm			Titanium: Water 11-1 pm	
SILVER: 5-6 pm	SILVER: 6:30-7:30 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) 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	
Mon 10/13	Tue 10/14	Wed 10/15	Thu 10/16	Fri 10/17	Sat 10/18	Sun 10/19
PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	No Practice Home HS Boys Polo *We will try to add a practice for some groups on this day.	No Practice Home HS Girls Meet *We will try to add a practice for some groups on this day.	PLATINUM: Land 4 pm Water 5-7 pm	USA SMAC Meet (Registered USA Swimmers only)	USA SMAC Meet (Registered USA Swimmers only)
GOLD: Water 6-7:30 pm	GOLD: Land 5:30-6 Water 6-7:30 pm			GOLD: Water 6-7:30 pm		
Titanium: Water 6-7:30 pm	Titanium: Water 6-7:30 pm			Titanium: Water 6-7:30 pm		
SILVER: 5-6 pm	SILVER: 6:30-7:30 pm			SILVER: 5-6 pm		
	BRONZE: 5-6 pm			BRONZE: 6:30-7:30 pm		
Mini-Rays (A) 5:00-5:45 pm Mini-Rays (B) 5:45-6:30 pm						