

# Saline Stingrays

## Week Ahead 9/8-9/21

\*\*\* 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 9/8                                       | Tue 9/9                                                                                          | Wed 9/10                             | Thu 9/11                                          | Fri 9/12                                      | Sat 9/13                                       | Sun 9/14 |
|-----------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------|---------------------------------------------------|-----------------------------------------------|------------------------------------------------|----------|
| <b>PLATINUM:</b><br>Land 4 pm<br>Water 5-7 pm | <b>PLATINUM:</b><br>Land 4 pm<br>Water 5-7 pm                                                    | <b>PLATINUM:</b><br>Water 5-7 pm     | <b>PLATINUM:</b><br>Land 4 pm<br>Water 5-7 pm     | <b>PLATINUM:</b><br>Land 4 pm<br>Water 5-7 pm | <b>PLATINUM:</b><br>Water 9-11 am              |          |
| <b>GOLD:</b><br>Water 6-7:30 pm               | <b>GOLD:</b><br>Land 5:30-6 pm<br>Water 6-7:30 pm                                                | <b>GOLD:</b><br>6-7:30 pm            | <b>GOLD:</b><br>Land 5:30-6 pm<br>Water 6-7:30 pm | <b>GOLD:</b><br>Water 6-7:30 pm               | <b>GOLD:</b><br>Land 10:15 am<br>Water 11-1 pm |          |
| <b>Titanium:</b><br>Water 6-7:30 pm           |                                                                                                  | <b>Titanium:</b><br>5:30-7:30 pm     | <b>Titanium:</b><br>Water 6-7:30 pm               |                                               | <b>Titanium:</b><br>Water 11-1 pm              |          |
| <b>SILVER:</b><br>5-6 pm                      | <b>SILVER:</b><br>6:30-7:30 pm                                                                   |                                      | <b>SILVER:</b><br>5-6 pm                          | <b>SILVER:</b><br>5-6 pm                      | <b>SILVER:</b><br>1:00-2:00 pm                 |          |
|                                               | <b>BRONZE:</b><br>5-6 pm                                                                         | <b>BRONZE:</b><br>6:30-7:30 pm       |                                                   | <b>BRONZE:</b><br>6:30-7:30 pm                | <b>BRONZE:</b><br>1:00-2:00 pm                 |          |
| <b>Mini-Rays (A)</b><br>5:00-5:45 pm          |                                                                                                  | <b>Mini-Rays (A)</b><br>5:00-5:45 pm |                                                   |                                               | <b>Mini-Rays (A)</b><br>11:00-11:45 am         |          |
| <b>Mini-Rays (B)</b><br>5:45-6:30 pm          |                                                                                                  | <b>Mini-Rays (B)</b><br>5:45-6:30 pm |                                                   |                                               | <b>Mini-Rays (B)</b><br>11:45-12:30 pm         |          |
|                                               |                                                                                                  |                                      |                                                   |                                               |                                                |          |
| Mon 9/15                                      | Tue 9/16                                                                                         | Wed 9/17                             | Thu 9/18                                          | Fri 9/19                                      | Sat 9/20                                       | Sun 9/21 |
| <b>PLATINUM:</b><br>Land 4 pm<br>Water 5-7 pm | <b>SMSL<br/>Backstroke<br/>Meet @<br/>Pinckney<br/>Arrive 4:45 pm<br/>Meet Start<br/>6:00 pm</b> | <b>PLATINUM:</b><br>Water 5-7 pm     | <b>PLATINUM:</b><br>Land 4 pm<br>Water 5-7 pm     | <b>PLATINUM:</b><br>Land 4 pm<br>Water 5-7 pm | <b>PLATINUM:</b><br>Water 9-11 am              |          |
| <b>GOLD:</b><br>Water 6-7:30 pm               |                                                                                                  | <b>GOLD:</b><br>6-7:30 pm            | <b>GOLD:</b><br>Land 5:30-6 pm<br>Water 6-7:30 pm | <b>GOLD:</b><br>Water 6-7:30 pm               | <b>GOLD:</b><br>Land 10:15 am<br>Water 11-1 pm |          |
| <b>Titanium:</b><br>Water 6-7:30 pm           |                                                                                                  | <b>Titanium:</b><br>5:30-7:30 pm     | <b>Titanium:</b><br>Water 6-7:30 pm               |                                               | <b>Titanium:</b><br>Water 11-1 pm              |          |
| <b>SILVER:</b><br>5-6 pm                      |                                                                                                  |                                      | <b>SILVER:</b><br>5-6 pm                          | <b>SILVER:</b><br>5-6 pm                      | <b>SILVER:</b><br>1:00-2:00 pm                 |          |
|                                               |                                                                                                  | <b>BRONZE:</b><br>6:30-7:30 pm       |                                                   | <b>BRONZE:</b><br>6:30-7:30 pm                | <b>BRONZE:</b><br>1:00-2:00 pm                 |          |
| <b>Mini-Rays (A)</b><br>5:00-5:45 pm          |                                                                                                  | <b>Mini-Rays (A)</b><br>5:00-5:45 pm |                                                   |                                               | <b>Mini-Rays (A)</b><br>11:00-11:45 am         |          |
| <b>Mini-Rays (B)</b><br>5:45-6:30 pm          |                                                                                                  | <b>Mini-Rays (B)</b><br>5:45-6:30 pm |                                                   |                                               | <b>Mini-Rays (B)</b><br>11:45-12:30 pm         |          |