

Saline Stingrays Swim Team- Schedule

Monday, November 4th - Sunday, December 1

- Please note, **PLATINUM**, Sunday November 3rd- training begins at 1:30 pm
- Friday, November 8th is our last day at the REC center- all training unless otherwise noted will be at SHS.
- Thanksgiving weekend training for all groups posted below. Given the proximity to SMSL Championships on Dec 7-8, we decided to hold sessions for all groups.
- GOLD PLUS Swimmers should train 5 sessions per week (they are welcome to use Wednesday's "Gold" Session as a make-up.

Mon 11/4	Tue 11/5	Wed 11/6	Thu 11/7	Fri 11/8	Sat 11/9	Sun 11/10
PLATINUM: Land 4 pm Water 5-7 pm	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 PLUS: Water 5-6:30 pm	GOLD PLUS: Land 4:15 pm Water 5-6:30 pm		GOLD PLUS: Land 4:15 pm Water 5-6:30 pm	GOLD PLUS: Water 5-6:30 pm	GOLD PLUS: Land 10:15 am Water 9-10 am	
GOLD: Water 5-6:30 pm	GOLD: Land 4:15 pm Water 5-6:30 pm	GOLD: Water 7-8 pm (REC CENTER)	GOLD: Land 4:15 pm Water 5-6:30 pm	GOLD: Water 5-6:30 pm	GOLD: Land 10:15 am Water 11-1 pm	
SILVER: 6:30-7:30 pm	SILVER: 7-8 pm (REC CENTER)		SILVER: 6:30-7:30 pm	SILVER: 6:30-7:30 pm	SILVER: 1:00-2:00 pm	
	BRONZE: 6:30-7:30 pm	BRONZE: 6:30-7:30 pm		BRONZE: 5:30-6:30 pm (REC Center)	BRONZE: 1:00-2:00 pm	
Mini-Rays (A) 5:15-5:45 pm		Mini-Rays (A) 5:15-5:45 pm			Mini-Rays (A) 11:00-11:30 am	
Mini-Rays (B) 5:45-6:30 pm		Mini-Rays (B) 5:45-6:30 pm			Mini-Rays (B) 11:30-12:15 pm	

Mon 11/11	Tue 11/12	Wed 11/13	Thu 11/14	Fri 11/15	Sat 11/16	Sun 11/17
PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	IM Meet v. Pickney @ Saline High School USA Distance Session @ DCAC- USA Swimmers only	USA Meet @SAC	USA Meet @ SAC
GOLD PLUS: Water 5-6:30 pm	GOLD PLUS: Land 4:15 pm Water 5-6:30 pm		GOLD PLUS: Land 4:15 pm Water 5-6:30 pm			
GOLD: Water 5-6:30 pm	GOLD: Land 4:15 pm Water 5-6:30 pm	GOLD: 5-6:30 pm	GOLD: Land 4:15 pm Water 5-6:30 pm		GOLD & Gold+ Land 10:15 am Water 11-1 pm	
SILVER: 6:30-7:30 pm	SILVER: 6:30-7:30 pm		SILVER: 6:30-7:30 pm		SILVER: 1:00-2:00 pm	
	BRONZE: 6:30-7:30 pm	BRONZE: 6:30-7:30 pm			BRONZE: 1:00-2:00 pm	
Mini-Rays (A) 5:15-5:45 pm		Mini-Rays (A) 5:15-5:45 pm			Mini-Rays (A) 11:00-11:30 am	
Mini-Rays (B) 5:45-6:30 pm		Mini-Rays (B) 5:45-6:30 pm			Mini-Rays (B) 11:30-12:15 pm	

Mon 11/18	Tue 11/19	Wed 11/20	Thu 11/21	Fri 11/22	Sat 11/23	Sun 11/24
PLATINUM: Land 4 pm Water 5-7 pm	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 PLUS: Water 5-6:30 pm	GOLD PLUS: Land 4:15 pm Water 5-6:30 pm		GOLD PLUS: Land 4:15 pm Water 5-6:30 pm	GOLD PLUS: Water 5-6:30 pm	GOLD PLUS: Land 10:15 am Water 9-10 am	
GOLD: Water 5-6:30 pm	GOLD: Land 4:15 pm Water 5-6:30 pm	GOLD: 5-6:30 pm	GOLD: Land 4:15 pm Water 5-6:30 pm	GOLD: Water 5-6:30 pm	GOLD: Land 10:15 am Water 11-1 pm	
SILVER: 6:30-7:30 pm	SILVER: 6:30-7:30 pm		SILVER: 6:30-7:30 pm	SILVER: 6:30-7:30 pm	SILVER: 1:00-2:00 pm	
	BRONZE: 6:30-7:30 pm	BRONZE: 6:30-7:30 pm		BRONZE: 6:30-7:30 pm	BRONZE: 1:00-2:00 pm	
Mini-Rays (A) 5:15-5:45 pm Mini-Rays (B) 5:45-6:30 pm		Mini-Rays (A) 5:15-5:45 pm Mini-Rays (B) 5:45-6:30 pm			Mini-Rays (A) 11:00-11:30 am Mini-Rays (B) 11:30-12:15 pm	

Mon 11/25	Tue 11/26	Wed 11/27	Thu 11/28	Fri 11/29	Sat 11/30	Sun 12/1
PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	REST	THANKSGIVING NO Training	PLATINUM: 1-3 pm	PLATINUM: Water 9-12	PLATINUM: 1-3 pm
GOLD PLUS: Water 5-6:30 pm	GOLD PLUS: Land 4:15 pm Water 5-6:30 pm			GOLD PLUS: 3-4:30 pm	GOLD PLUS: 12-1:30 pm	GOLD PLUS: 3-4:30 pm
GOLD: Water 5-6:30 pm	GOLD: Land 4:15 pm Water 5-6:30 pm			GOLD: 3-4:30 pm	GOLD: 12-1:30 pm	
SILVER: 6:30-7:30 pm	SILVER: 6:30-7:30 pm			SILVER: 5:30-6:30 pm	SILVER: 1:30-2:30 pm	
	BRONZE: 6:30-7:30 pm			BRONZE: 5:30-6:30 pm	BRONZE: 1:30-2:30 pm	
Mini-Rays (A) 5:15-5:45 pm Mini-Rays (B) 5:45-6:30 pm						

Mon 12/2	Tue 12/3	Wed 12/4	Thu 12/5	Fri 12/6	Sat 12/7	Sun 12/8
PLATINUM: Land 4 pm Water 5-7 pm	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	SMSL Championship Saturday and Sunday 12/7-12/8 Location and Details TBD	
GOLD PLUS: Water 5-6:30 pm	GOLD PLUS: Land 4:15 pm Water 5-6:30 pm		GOLD PLUS: Land 4:15 pm Water 5-6:30 pm	GOLD PLUS: Water 5-6:30 pm		
GOLD: Water 5-6:30 pm	GOLD: Land 4:15 pm Water 5-6:30 pm	GOLD: 5-6:30 pm	GOLD: Land 4:15 pm Water 5-6:30 pm	GOLD: Water 5-6:30 pm		
SILVER: 6:30-7:30 pm	SILVER: 6:30-7:30 pm		SILVER: 6:30-7:30 pm	SILVER: 6:30-7:30 pm		
	BRONZE: 6:30-7:30 pm	BRONZE: 6:30-7:30 pm		BRONZE: 6:30-7:30 pm		
Mini-Rays (A) 5:15-5:45 pm Mini-Rays (B) 5:45-6:30 pm		Mini-Rays (A) 5:15-5:45 pm Mini-Rays (B) 5:45-6:30 pm				