

Saline Stingrays_ Training Schedule- December 9th- December 22nd

REMINDER: Nutrition Program!!!!!! Tuesday, December 10th we will be hosting a special program geared toward nutrition education for families with young athletes. Please RSVP to Nick. PLATINUM swimmers are required to attend.

Please note:

- Holiday Training- to be published by the end of the week.
- Slightly lightened training for Silver and Bronze until winter session.
- Pleased to announce a new training group, "High School Squad" Serving out of season Saline High School swimmers.

| Mon 12/9 | Tue 12/10 | Wed 12/11 | Thu 12/12 | Fri 12/13 | Sat 12/14 | Sun 12/15 |
|---|--|------------------------------------|--|---|--|-----------|
| PLATINUM: Land 4 pm Water 5-7 pm | PLATINUM: Land 4 pm Water 5-7 pm Nutrition Program | | PLATINUM: Land 4 pm Water 5-7 pm | PLATINUM: Land 4 pm Water 5-7 pm | LCSC USA Meet *Entered USA swimmers only. | |
| 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: 11:00-12:00 pm | |
| | BRONZE: 6:30-7:30 pm | BRONZE: 6:30-7:30 pm | | BRONZE: 6:30-7:30 pm | BRONZE: 11:00-12:00 pm | |
| High School Squad Water 5-7 pm | High School Squad Water 5-7 pm | High School Squad 3-5 pm | High School Squad Water 5-7 pm | | High School Squad 9-11 am | |

| Mon 12/16 | Tue 12/17 | Wed 12/18 | Thu 12/19 | Fri 12/20 | Sat 12/21 | Sun 12/22 |
|---|--|---|--|---|--|-----------|
| No Training Home Middle School Swim Meet | PLATINUM: Land 4 pm Water 5-7 pm | PLATINUM: Water 3:30-5:00 pm Land: 5-6 pm | PLATINUM: Land 4 pm Water 5-7 pm | PLATINUM: Water 3:30-5 pm *Swimmers not in Friday PM CW Session. | CW Holiday Splash *Entered USA Swimmers only. | |
| | GOLD PLUS: Land 4:15 pm Water 5-6:30 pm | All USA Swimmers entered in the weekend's Meet are welcome to attend the training session from 3:30-5:00. | GOLD PLUS: Land 4:15 pm Water 5-6:30 pm | GOLD PLUS: Water 3:30-5 pm *Swimmers not in Friday PM CW Session. | | |
| | GOLD: Land 4:15 pm Water 5-6:30 pm | | GOLD: Land 4:15 pm Water 5-6:30 pm | All USA Swimmers entered in the weekend's Meet are welcome to attend the training session from 3:30-5:00. | GOLD: Water 9-11 am | |
| | SILVER: 6:30-7:30 pm | | SILVER: 6:30-7:30 pm | | SILVER: 11-12 pm | |
| | BRONZE: 6:30-7:30 pm | | | | BRONZE: 11-12 pm | |
| | High School Squad Water 5-7 pm | High School Squad 3:30-5 pm | High School Squad Water 5-7 pm | High School Squad Water 3:30-5 | High School Squad 9-11 am | |