

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 <i>*Entered USA swimmers only.</i>	
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 <i>*Swimmers not in Friday PM CW Session.</i>	CW Holiday Splash <i>*Entered USA Swimmers only.</i>	
	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 <i>*Swimmers not in Friday PM CW Session.</i>		
	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	