

Saline Stingrays

February 17th - March 23rd (REST OF THE WAY SCHEDULE)

- As per normal, please read the schedule carefully as training is often adjusted to accommodate various facility concerns deviations from the normal schedule are **Highlighted**.
- Spring Break, Spring Clinics, Spring/Summer USA to be published shortly.
- March 24th- DARK WEEK- no Stingrays Programming
- Please mind various time changes and adjustments to land training during the weeks leading up to USA States meets
- USA State Qualifiers should not attend land training within one week of their championship meet.

ATTENDANCE IS CRUCIAL AS WE APPROACH OUR CHAMPIONSHIP MEET SEASON!

Mon 2/17	Tue 2/18	Wed 2/19	Thu 2/20 HOME v. Chelsea	Fri 2/21 USA Districts	Sat 2/22 USA Districts	Sun 2/23 USA Districts
PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Water 5-7 pm	SMSL Home Meet v. Chelsea Report- 4:45 Warm-up- 5 p Start- 6 p Platinum swimmers to train through the meet. High School swimmers expected to compete.	PLATINUM: Water 4-7 pm	PLATINUM: Water 9-11 am	
High School: Water 5-7 pm	High School: Water 5-7 pm	High School: Water 5-7 pm		High School: Water 5-7 pm	High School: Water 9-11 am	
GOLD PLUS: 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: Water 9-11 am	
GOLD: Water 5-6:30 pm	GOLD: Land 4:15 pm Water 5-6:30 pm	GOLD: 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: 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) 5:00-5:45 pm		Mini-Rays (A) 5:00-5:45 pm			Mini-Rays (A) 11:00-11:45 am	
Mini-Rays (B) 5:45-6:30 pm		Mini-Rays (B) 5:45-6:30 pm			Mini-Rays (B) 11:45-12:30	

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Mon 2/24	Tue 2/25	Wed 2/26 Meet @ Milan	Thu 2/27	Fri 2/28 USA Jr. Olympics	Sat 3/1 USA Jr. Olympics	Sun 3/2 USA Jr. Olympics
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	
High School: Water 5-7 pm	High School: Water 5-7 pm	High School: Water 5-7 pm	High School: Water 5-7 pm	High School: Water 5-7 pm	High School: Water 9-11 am	
GOLD PLUS: Water 5-6:30 pm	GOLD PLUS: Land 4:15 pm Water 5-6:30 pm	SMSL Home Meet @ Milan Report- 4:45 Warm-up- 5 p Start- 6 p Platinum and High School Squad to attend training.	GOLD PLUS: Land 4:15 pm Water 5-6:30 pm	GOLD PLUS: Water 5-6:30 pm	GOLD PLUS: Water 9-11 am	
GOLD: Water 5-6:30 pm	GOLD: Land 4:15 pm Water 5-6:30 pm		GOLD: Land 4:15 pm Water 5-6:30 pm	GOLD: Water 5-6:30 pm	GOLD: 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: 1:00-2:00 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	

Mon 3/3 WILL BE ADJUSTED!	Tue 3/4	Wed 3/5	Thu 3/6	Fri 3/7 USA 12+U States	Sat 3/8 USA 12+U States	Sun 3/9 USA 12+U States
PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Water 5-7 pm	PLATINUM: Water 5-7 pm	PLATINUM: Water 5-7 pm	PLATINUM: Water 9:30-11 am	
High School: Water 5-7 pm	High School: Water 5-7 pm	High School: Water 5-7 pm	High School: Water 5-7 pm	High School: Water 5-7 pm	High School: Water 9:30-11 am	
GOLD PLUS: Water 5-6:30 pm	GOLD PLUS: Water 5-6:30 pm	GOLD PLUS: Water 5-6:30 pm	GOLD PLUS: Water 5-6:30 pm	GOLD PLUS: Water 5-6:30 pm	GOLD PLUS: 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: 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) 5:00-5:45 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	

Mon 3/10	Tue 3/11	Wed 3/12	Thu 3/13	Fri 3/14 USA 13+O States	Sat 3/15 USA 13+O States	Sun 3/16 USA 13+O States
13 O States: Water 5-7 pm	13 O States: Water 5-7 p	13 O States: Water 5-6:30 p	13 O States: Water 5-6:30 p	13 O States: Water 5-6 pm		
Plat/ High School: Water 5-7 pm	Plat/ High School: Water 5-7 pm	Plat/ High School: Water 5-7 pm	Plat/ High School: Water 5-7 pm	Plat/ High School: Water 5-7 pm		
GOLD PLUS: Water 5-6:30 pm	GOLD PLUS: Land 4:15-5 Water 5-6:30 pm		GOLD PLUS: Land 4:15-5 Water 5-6:30 pm	GOLD PLUS: Water 5-6:30 pm	GOLD PLUS: Water 11-1 pm	
GOLD: Water 5-6:30 pm	GOLD: Land 4:15-5 Water 5-6:30 pm	GOLD: 5-6:30 pm	GOLD: Land 4:15-5 Water 5-6:30 pm	GOLD: Water 5-6:30 pm	GOLD: 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) 5:00-5:45 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	

Mon 3/17	Tue 3/18	Wed 3/19	Thu 3/20	Fri 3/21	Sat 3/22 SMSL Championship	Sun3/23 SMSL Championship
PLATINUM: Land 4 pm Water 5-7 pm	No Practice: There will be no training due to a home HS water polo match	PLATINUM: Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm		
High School: Water 5-7 pm		High School: Water 5-7 pm	High School: Water 5-7 pm	High School: Water 5-7 pm		
GOLD PLUS: 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: 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) 5:00-5:45 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				