

Saline Stingrays_ Training Schedule

January 27- February 2, 2014

- Due to the DRD Meet weekend facility rental we have a number of changes to this week's schedule. Please follow closely deviations from the general schedule are highlighted.
- In order to make up for missed weekend sessions, we tried to add extra sessions, where available, from Monday-Wednesday.

Mon 1/27	Tue 1/28	Wed 1/29	Thu 1/30	Fri 1/31	Sat 2/1	Sun 2/2 Super Bowl!
PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Water 5-7 pm	PLATINUM: Land 5-6 pm Water 3:30-5 pm	NO Training DRD USA Swim meet @ Saline High School - Entered USA Swimmers Only	NO Training DRD USA Swim meet @ Saline High School - Entered USA Swimmers Only	NO Training DRD USA Swim meet @ Saline High School - Entered USA Swimmers Only
High School: Water 5-7 pm	High School: Water 5-7 pm	High School: Water 3-5 pm	High School: Water 3:30-5 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	No Additional Training due to Boys HS Swim Meet			
GOLD: Water 5-6:30 pm	GOLD: Land 4:15 pm Water 5-6:30 pm	GOLD: 5-6:30 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				