 **SPRING TRAINING CAMP 2019 – MARCH 25 – 30TH**

***Elite 2 Jr. & Western – YNG groups***

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| ***Monday, March 25th***NO MORNING3:45 – 6 PMWaterYNG – Elite 2 Jr. | ***Tuesday, March 26th***NO MORNING3 PM – 4 PMDry land – Running4 PM – 6 PMWater work | ***Wednesday, March 27th*** Morning5:30 – 8:30 AM8:30 – 9:30 AM – drylandAfternoon3 – 4:30 PM – dryland4:30 – 6 PM - water | ***Thursday, March 28th***NO MORNING3 PM – 4 PM drylandRunning4 PM – 6PM - water | ***Friday, March 29th***NO MORNING3 PM – 4PMDryland4PM – 6 PMwater | ***Saturday, March 30th***Morning6:45 – 9:30 AMwater | ***Sunday******March 31st***OFF |
| ***Monday, April 1st***Return to normal schedule |  |  |  |  | ***Saturday, April 6th***LOSC LC invitational Swim Meet | ***Sunday***LOSC LC meet |
| ***Monday, April 8th***Morning offAfternoon\*\* ALL in from 3:45 – 6 PM | ***Tuesday, April 9th***from April 9th – May 23rd Training blockNO meets until Monterrey, except for those not attending that meet – they will swim at Hyack |

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| April 9 – 14 train |
| April 15 – 21 trainEaster saturday off |
| April 22nd – off Easter monday |
| April 23 – April 28th – train |
| April 29 – May 5train |
| May 6 – May 17 trainHyack meet May 17 – 19 – NON Monterrey swimmers |

 | ***Thursday, May 23rd******Depart for SFO*** |  |  |  |