

BOLLES SHARKS SUMMER SCHEDULE 2022

Effective May 31 - July 28

Age Group

Student-Athletes are only permitted at the practice time they are assigned to.

	Mon	Tues	Wed	Thurs	Fri	Sat
Mako	5-6P	5-6P	5-6P	5-6P		10:30-11:30A
Tiger	5-6:15P	5-6:15P	5-6:15P	5-6:15P		10:30-11:45P
Hammer Head	5-6:30P	5-6:30P	5-6:30P	5-6:30P	5-6:30P	10-12P
Great White	5-7P	6-8A 5-7P	5-7P	6-8A 5-7P	5-7P	10-12:30P
LTS	TBA: 3-5P		TBA: 3-5P			TBA: 12-1PM
JR Mako		TBA: 3-5P		TBA: 3-5P		

Senior Groups (9th-12th Grade)

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	Mon	Tues	Wed	Thurs	Fri	Sat
College	6-8A	6-8A	6-8A	6-8A	6-8A	By Request
Champs	7:30-10A Dryland^ & Swim	6:15-8:30A	7:30-10A Dryland^ & Swim	6:15-8:30A	7:30-10A Dryland & Swim	7:45-10:30A Yoga & Swim
National Prep	7:30-10A Dryland^ & Swim	7:30-10A	7:30-10A Dryland^ & Swim	7:30-10A Dryland & Swim	6:15-8:30A	7-10A Swim & Yoga
National	6:15-8:30A	7:30-10A Dryland^ & Swim	6:15-8:30A	7:30-10A Dryland^ & Swim	7:30-10A Dryland^ & Swim	7:30-10A Yoga & Swim
Bolles School PM	2-3P WR* 3-4:30P			2-3P WR* 3-4:30P		
Late Night PM		2-3P WR* 3-4:30P			2-3P WR* 3-4:30P	

For all practices indicating Dryland or WR, appropriate clothing (shoes, shorts, shirts) are required.

*WR times are for student athletes completing their JR or SR year and all athletes in the National group.

^Student-Athletes participating in WR will speak to a coach about these Dryland sessions.