

## 2019 Holiday Training Schedule

|                           | Sat Dec. 21   | Sun Dec. 22        | Mon Dec. 23   | Tue Dec. 24        | Wed Dec. 25   | Thu Dec. 26   | Fri Dec. 27   | Sat Dec. 28   | Sun Dec. 29        |
|---------------------------|---|--------------------|---|--------------------|---|---|---|---|--------------------|
| <b>High Performance</b>   | 7:00-10:00 AM<br>Dryland 9:00-10:00<br>1:00-3:00 PM | 7:00-9:00 AM       | 7:00-10:00 AM<br>Dryland 9:00-10:00<br>1:00-3:00 PM | 7:00-9:00 AM       | <b>No Practice</b>                                  | 1:00-3:00 PM  | 7:00-10:00 AM<br>Dryland 9:00-10:00<br>1:00-3:00 PM | 7:00-10:00 AM<br>Dryland 9:00-10:00<br>1:00-3:00 PM | 7:00-9:00 AM       |
| <b>Select</b>             | 7:00-10:00 AM<br>Dryland 9:00-10:00                 | 7:00-9:00 AM       | 7:00-10:00 AM<br>Dryland 9:00-10:00<br>1:00-3:00 PM | 7:00-9:00 AM       | <b>No Practice</b>                                  | 1:00-3:00 PM  | 7:00-10:00 AM<br>Dryland 9:00-10:00<br>1:00-3:00 PM | 7:00-10:00 AM<br>Dryland 9:00-10:00<br>1:00-3:00 PM | 7:00-9:00 AM       |
| <b>Senior</b>             | 9:00-10:30 AM                                       | <b>No Practice</b> | 9:00-10:30 AM                                       | <b>No Practice</b> | <b>No Practice</b>                                  | <b>No Practice</b>                                  | 9:00-10:30 AM                                       | 9:00-10:30 AM                                       | <b>No Practice</b> |
| <b>Advanced Age Group</b> | 9:00-10:30 AM                                       | <b>No Practice</b> | 9:00-10:30 AM                                       | <b>No Practice</b> | <b>No Practice</b>                                  | <b>No Practice</b>                                  | 9:00-10:30 AM                                       | 9:00-10:30 AM                                       | <b>No Practice</b> |
| <b>Gold</b>               | 9:00-10:30 AM                                       | <b>No Practice</b> | 9:00-10:30 AM                                       | <b>No Practice</b> | <b>No Practice</b>                                  | <b>No Practice</b>                                  | 9:00-10:30 AM                                       | 9:00-10:30 AM                                       | <b>No Practice</b> |
| <b>Silver</b>             | 10:30-12:00 PM                                      | <b>No Practice</b> | <b>No Practice</b>                                  | <b>No Practice</b> | <b>No Practice</b>                                  | <b>No Practice</b>                                  | 10:30-12:00 PM                                      | 10:30-12:00 PM                                      | <b>No Practice</b> |
| <b>Bronze</b>             | 10:30-12:00 PM                                      | <b>No Practice</b> | <b>No Practice</b>                                  | <b>No Practice</b> | <b>No Practice</b>                                  | <b>No Practice</b>                                  | 10:30-12:00 PM                                      | 10:30-12:00 PM                                      | <b>No Practice</b> |
| <b>Blue/Red</b>           | 12:00-12:45 PM                                      | <b>No Practice</b> | <b>No Practice</b>                                  | <b>No Practice</b> | <b>No Practice</b>                                  | <b>No Practice</b>                                  | <b>No Practice</b>                                  | <b>No Practice</b>                                  | <b>No Practice</b> |
|                           | Mon Dec. 30   | Tue Dec. 31        | Wed Jan. 1  | Thu Jan. 2         | Fri Jan. 3  | Sat Jan. 4  | Sun Jan. 5  | Mon Jan. 6  |                    |
| <b>High Performance</b>   | 7:00-10:00 AM<br>Dryland 9:00-10:00<br>1:00-3:00 PM | 7:00-9:00 AM       | <b>No Practice</b>                                  | 1:00-3:00 PM       | 7:00-10:00 AM<br>Dryland 9:00-10:00<br>1:00-3:00 PM | 7:00-10:00 AM<br>Dryland 9:00-10:00<br>1:00-3:00 PM | <b>No Practice</b>                                  | Normal Schedule                                     |                    |
| <b>Select</b>             | 7:00-10:00 AM<br>Dryland 9:00-10:00<br>1:00-3:00 PM | 7:00-9:00 AM       | <b>No Practice</b>                                  | 1:00-3:00 PM       | 7:00-10:00 AM<br>Dryland 9:00-10:00                 | 7:00-10:00 AM<br>Dryland 9:00-10:00                 | <b>No Practice</b>                                  | Normal Schedule                                     |                    |
| <b>Senior</b>             | 9:00-10:30 AM                                       | <b>No Practice</b> | <b>No Practice</b>                                  | 9:00-10:30 AM      | 9:00-10:30 AM                                       | 9:00-10:30 AM                                       | <b>No Practice</b>                                  | Normal Schedule                                     |                    |
| <b>Advanced Age Group</b> | 9:00-10:30 AM                                       | <b>No Practice</b> | <b>No Practice</b>                                  | 9:00-10:30 AM      | 9:00-10:30 AM                                       | 9:00-10:30 AM                                       | <b>No Practice</b>                                  | Normal Schedule                                     |                    |
| <b>Gold</b>               | 9:00-10:30 AM                                       | <b>No Practice</b> | <b>No Practice</b>                                  | 9:00-10:30 AM      | 9:00-10:30 AM                                       | 9:00-10:30 AM                                       | <b>No Practice</b>                                  | Normal Schedule                                     |                    |
| <b>Silver</b>             | 10:30-12:00 PM                                      | <b>No Practice</b> | <b>No Practice</b>                                  | 10:30-12:00 PM     | 10:30-12:00 PM                                      | 10:30-12:00 PM                                      | <b>No Practice</b>                                  | Normal Schedule                                     |                    |
| <b>Bronze</b>             | 10:30-12:00 PM                                      | <b>No Practice</b> | <b>No Practice</b>                                  | 10:30-12:00 PM     | 10:30-12:00 PM                                      | 10:30-12:00 PM                                      | <b>No Practice</b>                                  | Normal Schedule                                     |                    |
| <b>Blue/Red</b>           | 12:00-12:45 PM                                      | <b>No Practice</b> | <b>No Practice</b>                                  | 12:00-12:45 PM     | 12:00-12:45 PM                                      | 12:00-12:45 PM                                      | <b>No Practice</b>                                  | Normal Schedule                                     |                    |

Table 1

| <b>2018 Holiday Training Schedule</b> |                       |                         |                       |                      |                       |                         |                        |
|---------------------------------------|-----------------------|-------------------------|-----------------------|----------------------|-----------------------|-------------------------|------------------------|
|                                       | <b>Friday Dec. 29</b> | <b>Saturday Dec. 30</b> | <b>Sunday Dec. 31</b> | <b>Monday Jan. 1</b> | <b>Tuesday Jan. 2</b> | <b>Wednesday Jan. 3</b> | <b>Thursday Jan. 4</b> |
| <i>High Performance</i>               |                       |                         |                       |                      |                       |                         |                        |
| <i>Select</i>                         |                       |                         |                       |                      |                       |                         |                        |
| <i>Senior</i>                         |                       |                         |                       |                      |                       |                         |                        |
| <i>Advanced Age Group</i>             |                       |                         |                       |                      |                       |                         |                        |
| <i>Gold</i>                           |                       |                         |                       |                      |                       |                         |                        |
| <i>Silver</i>                         |                       |                         |                       |                      |                       |                         |                        |
| <i>Bronze</i>                         |                       |                         |                       |                      |                       |                         |                        |
| <i>Blue</i>                           |                       |                         |                       |                      |                       |                         |                        |
| <i>Red</i>                            |                       |                         |                       |                      |                       |                         |                        |
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