| 2019 SPRING & SUMMER CGAC SITE  GENERAL PRACTICE SCHEDULE | | | | | | |
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| **GROUPS/DAYS** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| WHITE TEAM-(PICK ANY 2 DAYS TO TRAIN) SWIM/DRY LAND | 5:00PM-6:15 PM | 5:00PM-6:15 PM | 5:00PM-6:15 PM | 5:00PM-6:15 PM | NO PRACTICE | NO PRACTICE |
| RED TEAM (PICK ANY 3 DAYS TO TRAIN)  DRYLAND/SWIM | 5:00 PM-6:30 PM | 5:00 PM-6:30 PM | 5:00 PM-6:30 PM | 5:00 PM-6:30 PM | NO PRACTICE | 8:30AM-10:00AM |
| BLACK TEAM (PICK ANY 4 DAYS TO TRAIN)  SWIM\DRYLAND | 5:00 PM-6:30 PM | 5:00 PM-6:30 PM | 5:00 PM-6:30 PM | 5:00 PM-6:30 PM | NO PRACTICE | 8:30 AM-10:00 AM |
| PRE SENIOR 1 DRYLAND/SWIM  HOURS MAY VARY DURING SUMMER | 5:15 PM-7:15PM | 5:15 PM-7:15PM | 5:15 PM-7:15PM | 5:15 PM-7:15PM | NO PRACTICE | 8:30 AM-10:00 AM |
| PRE SENIOR 2 DRYLAND/SWIM  HOURS MAY VARY DURING SUMMER | 5:30 PM-7:30 PM | 5:30 PM-7:30 PM | 5:30 PM-7:30 PM | 5:30 PM-7:30 PM | NO PRACTICE | 8:30 AM-10:00 AM |
| SENIOR TEAM (80% ATTENDANCE)  WEIGHTS/DRYLAND  HOURS MAY VARY DURING SUMMER | 6:00 AM-7:00 AM 3:00 PM-5:00 PM | 6:00 AM-7:00 AM 3:00 PM-5:00 PM | 6:00 AM-7:00 AM 3:00 PM-5:00 PM | 6:00 AM-7:00 AM 3:00 PM-5:00 PM | 6:00-7:00 AM 3:00-5:00 PM | 7:00 AM-9:00AM |