

GSCS Information for 2021-2022 Season



Sand Sharks: 8 and unders learning fundamentals.
Tiger Sharks: 10 and unders having shown “legal” skills in all strokes.
Bull Sharks: 10 and unders beginning some aerobic work with proven skills.
Great Whites: 13 and unders building upon aerobic volume, perfecting skills.
Makos: 13 and overs going for it.

The days and times for each of the workouts is determined by overall team rosters to allow scheduling to maximize the time available in our allowed timeframes for workouts at pool and gym facilities.

AM workouts: 5:45-7:00am timeframe
PM workouts: 4:15-8:30pm timeframe
SAT workouts: 8:15-2:00pm timeframe
weekdays: M, T, W, Th, F

Sand Sharks: 3 days per week
two 45 minute PM weekday workouts
one 45 minute Saturday workout

Tiger Sharks: 3 days per week
two 45 minute PM weekday workouts
and one 45 minute Saturday workout

Bull Sharks: 4 days per week
three 60 minute PM weekday workouts
one 60 minute Saturday workout

Great Whites: 6 days per week
three 60 minute PM weekday workouts
two 90 minute PM weekday workouts
one 60 minute Saturday workout

Makos: 6 days per week
swim: three 105 minute PM weekday workouts
two 120 minute PM weekday workouts
one 120 minute Saturday workout
three 75 minute AM weekday workouts
weights: two 75 minute AM weekday workouts
one 75 minute Saturday workout