

GSCS 2021-2022 SC Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Practice Group						
Sandsharks	4:15pm-5:00pm		4:15pm-5:00pm		4:15pm-5:00pm	
Tigersharks		4:15pm-5:15pm		4:15pm-5:15pm		1:00pm-2:00pm
Bullsharks	4:15pm-5:15pm		4:15pm-5:15pm		4:15pm-5:15pm	1:00pm-2:00pm
Great Whites	7:00pm-8:15pm*	7:00pm-8:30pm	7:00pm-8:15pm	7:00pm-8:30pm	*	11:30pm-1:00pm
Makos	5:00pm-7:00pm 15m stretching	5:00pm-7:00pm	5:00pm-7:00pm 15m stretching	5:00pm-7:00pm	5:00pm-7:00pm 15m stretching	10:00am-11:30am

Makos	M	T	W	Th	F	S
Dryland/ Weights Start - TBD		5:45am-7:00am		5:45am-7:00am		8:15am-9:30am

*The Great Whites will practice Mondays 7:00-8:15pm until the high school teams begin practice in October, then their Monday practice will move to Friday 5:00-6:30pm (Makos will begin Friday AM with no Friday PM)