# Saline Swim Team

## Week Ahead Nov 25- Dec 8

*** All Training will take place at Saline High School unless otherwise indicated ***
*** Swimmers are to report to the pool 10 minutes before their scheduled time***

| Mon 11/25 | Tue 11/26 | Wed 11/27 | Thu 11/28 | Fri 11/29 | Sat 11/30 | Sun 12/1 |
|---|---|---|---|---|---|---|
| **SENIOR:** L: 4-5 p W: 5-7 p | **SENIOR:** W: 5-7 pm @Tappan | | **No practice Thanks-giving** | **SENIOR:** W: 8-10 am | **SENIOR:** L: 7-8 am W: 8-10 am | **SENIOR:** W: 7-9 am |
| | **PLATINUM:** L: 4:30-5:30 p W: 5:30-7:30 p | **PLATINUM:** W: 5:30-7:30 p | | **PLATINUM:** W: 8-10 am | **PLATINUM:** L: 7-8 a W: 8-10a | **PLATINUM:** W:7-9 am |
| **GOLD:** W: 5-7 pm @ Tappan | **GOLD:** L: 4:15-5 pm W: 5-6:30 pm | **GOLD:** W: 5-6:30 pm | | **GOLD:** W: 8-9:45 am | **GOLD:** L: 7:15-8 am W: 8-9:45 a | |
| **SILVER:** W: 6-7:30 pm | **SILVER:** W: 6-7:30 p | **SILVER:** W: 6:30-7:30 p | | | **SILVER:** W: 10-11 am | |
| | **BRONZE:** 6:30-7:30 | **BRONZE:** 6:30-7:30 pm | | **BRONZE:** 9-10 am | **BRONZE:** 10-11 am | |
| **Mini-Rays 1** 5:00-5:30 pm **Mini-Rays 2** 5:30-6 pm **Mini-Rays 3** 6-6:45 pm | | **Mini-Rays 1** 5:00-5:30 pm **Mini-Rays 2** 5:30-6 pm **Mini-Rays 3** 6-6:45 pm | | | | |
| **CLUB:** W:5-6 pm | **CLUB:** W:5-6 pm | | | | | |
| **Mon 12/2** | **Tue 12/3** | **Wed 12/4** | **Thu 12/5** | **Fri 12/6** | **Sat 12/7** | **Sun 12/8** |
| **SENIOR:** L: 4-5:30 p | **SENIOR:** W: 5:30-7 am W: 5-7 pm @Tappan | **SENIOR:** W: 5:30-7 am | **SENIOR:** W: 5:30-7 am L: 4-5 pm W: 5-7 pm | **CW Meet @ EMU** | **CW Meet @ EMU** | **CW Meet @ EMU** |
| **PLATINUM:** L: 4-5:30 p | **PLATINUM:** L: 4:30-5:30 p W: 5:30-7:30 p | **PLATINUM:** L: 4:30-5:30 p W: 5:30-7:30 p | **PLATINUM:** W: 5:30-7:30 p @ Tappan | | | |
| **GOLD:** W: 5-7 pm @ Tappan | **GOLD:** L: 4:15-5 pm W: 5-6:30 pm | **GOLD:** W: 5-6:30 pm | **GOLD:** L: 4:15-5 pm W: 5-6:30pm | | | |
| **No Practice MS Home meet** | **SILVER:** W: 6-7:30 p | **SILVER:** W: 6:30-7:30 p | **SILVER:** W: 6:30-7:30 p | | | |
| | **BRONZE:** 6:30-7:30 | **BRONZE:** 6:30-7:30 pm | **BRONZE:** 6:30-7:30 pm | | | |
| | | **Mini-Rays 1** 5:00-5:30 pm **Mini-Rays 2** 5:30-6 pm **Mini-Rays 3** 6-6:45 pm | | **Mini-Ray 1** 5:00-5:30 pm **Mini-Ray 2** 5:30-6 pm **Mini-Ray 3** 6-6:45 pm | **Mini-Rays 1** 10:00-10:30 a **Mini-Rays 2** 10:30-11:00 a **Mini-Rays 3** 11:00-11:45 a | <<<12/7 Last day for Mini-Rays Fall Session. Please join us in the winter |
| | **CLUB:** W:5-6 pm | | **CLUB:** W: 5-6 p | | **CLUB:** W: 10-11 am | |