SST Week Ahead April 16-29

*** 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 4/16	Tue 4/17	Wed 4/18	Thu 4/19	Fri 4/20	Sat 4/21	Sun 4/22
	SENIOR: W: 5:30-7 am W: 3:30-5:30 p L: 5:30-6:30 p	**SENIOR:** W: 5:30-7:30 p	**SENIOR:** L: 4:30-5:30 p W: 5:30-7:30 p	**SENIOR:** W: 5:30-7 am W: 6:30-8:30 p	**SENIOR:** L: 7-8 am W: 8-10 am	**SENIOR:** W: 1:30-3:30 p
PLATINUM: L: 5:45 pm W: 6:30-8 p	**PLATINUM:** W: 5:30-7:30 p	**PLATINUM:** L: 6:15 pm W: 7-8:30 pm	**PLATINUM:** W: 5-7 pm @ Forsythe		**PLATINUM:** L: 7:15-8 am W: 8-10 am	**PLATINUM:** W: 3:30-5:30 p
GOLD: W 5:30-7:30 p	**GOLD:** L: 4:30-5 p W 5:30-7 p		**GOLD:** L: 5-5:30 pm W 5:30-7 pm	**GOLD:** W: 5:30-7:30 p	**GOLD:** L 9:30-10 am W:10-noon	**GOLD:** W 3:30-5:30 p
	Silver: 5:30-6:45 pm	**Silver:** 7:30-8:30 pm		**Silver:** 5:30-6:30 pm	**Silver:** 10-11 am	**Silver:** 1:30 -2:30 pm
Bronze: 5:30-6:30 pm	**Bronze:** 6:45-7:45 pm		**Bronze:** 7:30-8:30 pm	**Bronze:** 5:30-6:30 pm	**Bronze:** 10-11 am	
Stroke Clinic: 7-8 pm	**Stroke Clinic:** 6:45 - 7:45 pm	**Stroke Clinic:** 7:30-8:30 pm	**Stroke Clinic:** 7:30-8:30 pm	**Stroke Clinic:** 7:30-8:30 pm *make up		← Spring Stroke Clinic
Sr/Pl Clinic: 7-8 pm	**Sr/Pl Clinic:** 6:45 - 7:45 pm	**Sr/Pl Clinic:** 7:30-8:30 pm	**Sr/Pl Clinic:** 7:30-8:30 pm	**Sr/Pl Clinic:** 7:30-8:30 pm		
Mini-Rays 1 5:30-6:15 pm **Mini-Rays 2** 6:15-7:00 pm		**Mini-Rays 1** 5:30-6:15 pm **Mini-Rays 2** 6:15-7:00 pm			**Mini-Rays 1** 11-11:45 am **Mini-Rays 2** 11:45 a - 12:30	← Mini-Rays Session 1
Mon 4/23	**Tue 4/24**	**Wed 4/25**	**Thu 4/26**	**Fri 4/27**	**Sat 4/28**	**Sun 4/29**
	SENIOR: W: 5:30-7 am L: 4:30-5:30 p W: 5:30-7:30 p *See location assignment	**SENIOR:** W: 5:30-7:30 p	**SENIOR:** L: 4:30-5:30 p W: 5:30-7:30 p	**SENIOR:** W: 5:30-7 am	**No Practice Home Water Polo**	**SENIOR:** W: 1:30-3:30 p
PLATINUM: L: 5:45 pm W: 6:30-8 p	**PLATINUM:** W: 5:30-7:30 p	**PLATINUM:** L: 6:15 pm W: 7-8:30 pm	**PLATINUM:** W: 5-7 pm @ Forsythe	**No Practice Home Water Polo**		**PLATINUM:** W: 3:30-5:30 p
GOLD: W 5:30-7:30 p	**GOLD:** L: 6:15-6:45 p W 6:45-8:15 p		**GOLD:** L: 5-5:30 pm W 5:30-7 pm			**GOLD:** W 3:30-5:30 p
	Silver: 5:30-6:45 pm	**Silver:** 7:30-8:30 pm	**Silver:** 7-8:15 pm			**Silver:** 1:30-2:30 pm
Bronze: 5:30-6:30 pm	**Bronze:** 7:30-8:30 pm		**Bronze:** 7:30-8:30 pm			**Bronze:** 2:30-3:30 pm
Stroke Clinic: 7-8 pm	**Stroke Clinic:** 7:30-8:30 pm	**Stroke Clinic:** 7:30-8:30 pm	**Stroke Clinic:** 7:30-8:30 pm			← Spring Stroke Clinic
Sr/Pl Clinic: 7-8 pm	**Sr/Pl Clinic:** 7:30-8:30 pm	**Sr/Pl Clinic:** 7:30-8:30 pm	**Sr/Pl Clinic:** 7:30-8:30 pm			**Sr/Pl Clinic:** 3:30-5:30 pm
Mini-Rays 1 5:30-6:15 pm **Mini-Rays 2** 6:15-7:00 pm		**Mini-Rays 1** 5:30-6:15 pm **Mini-Rays 2** 6:15-7:00 pm				← Mini-Rays Session 1