

Saline Stingrays

Winter 2015 (General)

*** 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***

*** Some PLATINUM swimmers will have the opportunity to add additional morning sessions- up to 8 total sessions per week when appropriate***

*** Due to home high school events, training is not conducted everyday. Please pay attention to weekly e-mail updates***

Please note Wednesday practice times for titanium and Bronze have slightly changed from the fall schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Water 9-11 am	
GOLD: Water 6-7:30 pm	GOLD: Land 5:30-6 pm Water 6-7:30 pm	GOLD: 6-7:30 pm	GOLD: Land 5:30-6 pm Water 6-7:30 pm	GOLD: Water 6-7:30 pm	GOLD: Land 10:15 am Water 11-1 pm	
Titanium: Water 6-7:30 pm		Titanium: 6-7:30 pm	Titanium: Water 6-7:30 pm		Titanium: Water 11-1 pm	
SILVER: 5-6 pm	SILVER: 6:30-7:30 pm		SILVER: 5-6 pm	SILVER: 5-6 pm	SILVER: 1:00-2:00 pm	
	BRONZE: 5-6 pm	BRONZE: 5-6 pm		BRONZE: 6:30-7:30 pm	BRONZE: 1:00-2:00 pm	
Mini-Rays (A) 5:00-5:45 pm		Mini-Rays (A) 5:00-5:45 pm			Mini-Rays (A) 11:00-11:45 am	
Mini-Rays (B) 5:45-6:30 pm		Mini-Rays (B) 5:45-6:30 pm			Mini-Rays (B) 11:45-12:30 pm	