**2022-23 SAC Practice Schedule**

**Senior**

Monday- 5:30-7:30- KM

Tuesday- 4:15-6:15(dryland+swim)-SHS

Wednesday- 5:00-7:00- KM

Thursday- 4:15-6:15(dryland+swim)-SHS

Friday- 5:00-7:00-KM

Saturday- 7:30-10:00(dryland+swim)-SHS

**Makos**

Monday- 4:30-6:45(dryland+swim)- KM

Tuesday- 4:45-6:15-SHS

Wednesday- 5:45-7:30- KM

Thursday- 4:15-6:15(dryland+swim)-SHS

Friday- 5:00-7:00-KM

Saturday- 7:30-10:00(dryland+swim)-SHS

**TigerSharks**

Monday- 4:30-6:15(dryland+swim)-SHS

Tuesday- 5:00-6:45- KM

Wednesday- 4:30-6:15(dryland+swim)-SHS

Thursday- 4:30-6:15(dryland+swim)-KM

Friday- 5:00-7:00-KM

Saturday- 7:30-9:15-SHS

**HammerHead 2**

Monday- 5:45-7:00- SHS

Tuesday- 4:45-6:15(dryland+swim)-KM

Thursday- 6:00-7:15- KM

Friday- 4:30-5:45- SHS

Saturday- 9:15-10:30(dryland+swim)-SHS

**HammerHead 1**

Monday- 5:45-7:00- SHS

Wednesday- 6:00-7:15- SHS

Thursday- 6:00-7:15- KM

Saturday- 9:15-10:30(dryland+swim)-SHS

**Reef Sharks**

Monday- 5:45-7:00- SHS

Tuesday- 6:15-7:15-SHS

Thursday- 6:15-7:15-SHS

**HS JumpStart**

Monday/Wednesday- 7:00-8:15 pm SHS

Saturday- 10:30-11:45 am SHS