

MARINERS SUMMER TRAINING 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
High School (Gold 1 & Gold A)	6:00-7:45am @ FP	6:00-7:00am Dryland @ YMCA 7:00-8:45am @ FP	6:00-7:45am @ FP	6:00-7:00am Dryland @ YMCA 7:00-8:45am @ FP	6:00-7:45am @ FP
Middle School (Silver)	7:15-8:45am @ FP	6:00-7:30am @ FP 7:30-8:30am Dryland @ FP	7:15-8:45am @ FP	6:00-7:30am @ FP 7:30-8:30am Dryland @ FP	7:15-8:45am @ FP
School Age (Gray/White/Red)	5:00-6:15pm @ YMCA	4:30-4:55pm Dryland (Gray) 5:00-6:15pm @ YMCA 6:20-6:55pm Dryland (Red&White)	5:00-6:15pm @ YMCA	4:30-4:55pm Dryland (Red&White) 5:00-6:15pm @ YMCA 6:20-6:55pm Dryland (Gray)	OFF

PLACEMENT IS BASED ON 2021-2022 SCHOOL YEAR PRACTICE GROUPS
 ADJUSTMENTS WILL BE MADE AT THE COACH'S DISCRETION/POOL AVAILABILITY

UPDATED 6/16/22