

2010-2011 Mason Manta Rays Practice Schedule

November-February, 2011

Practice Group	Practice Days	Stretching	In the Water	Dryland Times
Pups	Friday	4:25-4:30 p.m.	4:30-5:05 p.m.	N/A
White	Wednesday	5:05-5:15 p.m.	5:15-5:45 p.m.	N/A
	Friday	5:05-5:15 p.m.	5:15-5:45 p.m.	N/A
	Saturday	11:30-11:45 a.m.	11:45-12:30 p.m.	N/A
Green	Wednesday	5:45-6:00 p.m.	6:00-6:45 p.m.	N/A
	Friday	5:45-6:00 p.m.	6:00-6:45 p.m.	N/A
	Saturday	10:45-11:00 a.m.	11:00-11:45 a.m.	N/A
Blue	Wednesday	6:30-6:45 p.m.	6:45-7:45 p.m.	N/A
	Friday	6:30-6:45 p.m.	6:45-7:45 p.m.	N/A
	Saturday	9:00-9:15 a.m.	9:15-10:15 a.m.	N/A
Bronze	Monday	See Dryland	6:15-7:30 p.m.	5:45-6:15 p.m.
	Wednesday	See Dryland	7:45-9:00 p.m.	7:15-7:45 p.m.
	Friday	See Dryland	6:45-8:00 p.m.	6:15-6:45 p.m.
	Saturday	12:15-12:30 p.m.	12:30-1:45 p.m.	N/A
Silver	Monday	7:15-7:30 p.m.	7:30-9:00 p.m.	N/A
	Tuesday	See Dryland	7:00-8:30 p.m.	6:30-7:00 p.m.
	Thursday	See Dryland	7:00-8:30 p.m.	6:30-7:00 p.m.
	Saturday	10:00-10:15 a.m.	10:15-11:45 a.m.	N/A
Gold	Monday	See Dryland	7:00-8:45 p.m.	6:30-7:00 p.m.
	Tuesday	See Dryland	6:15-8:00 p.m.	5:45-6:15 p.m.
	Wednesday	See Dryland	7:00-8:45 p.m.	6:30-7:00 p.m.
	Thursday	See Dryland	6:15-8:00 a.m.	5:45-6:15 p.m.
	Saturday	11:30-11:45 a.m.	11:45-1:30 p.m.	N/A
Platinum	Monday	See Dryland	5:00-7:00 p.m.	4:15-4:45 p.m.
	Tuesday	See Dryland	5:00-7:00 p.m.	4:15-4:45 p.m.
	Wednesday	See Dryland	5:00-7:00 p.m.	4:15-4:45 p.m.
	Thursday	See Dryland	5:00-7:00 p.m.	4:00-5:00 p.m.
	Friday	See Dryland	4:45-6:45 p.m.	4:15-4:45 p.m.
	Saturday	8:45-9:00 a.m.	9:00-11:00 a.m.	TBA
National	Monday	3:45-4:00 p.m.	4:00-6:15 p.m.	6:15-7:00 p.m.
	Tuesday	3:45-4:00 p.m.	4:00-6:15 p.m.	6:15-7:00 p.m.
	Wednesday	3:45-4:00 p.m.	4:00-6:00 p.m.	6:00-7:00 p.m.
	Thursday	3:45-4:00 p.m.	4:00-6:15 p.m.	6:15-7:00 p.m.
	Friday	3:45-4:00 p.m.	4:00-6:00 p.m.	N/A
	Saturday	6:45-7:00 a.m.	7:00-9:15 a.m.	9:15-10:00 a.m.

Revised 8/2/2010