



# Tigersharks Training Schedule

*Scroll Through For Your Squad*

## ALL Squads

### NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1-Nov	2-Nov	3-Nov	4-Nov	5-Nov
		<b>Bronze:</b> 5:30-6:30pm <b>Gold:</b> 5:30-7:00pm <b>SR I &amp; II:</b> 3:00-4:30pm <b>SR I wts:</b> 2:30-3:00pm	<b>Silver:</b> 5:00-6:00pm <b>Gold:</b> 5:30-7:00pm <b>SR I &amp; II:</b> 3:00-4:30pm	<b>Bronze:</b> 5:30-6:30pm <b>Gold:</b> 5:30-7:00pm <b>SR I &amp; II:</b> 3:00-4:30pm <b>SR I wts:</b> 2:30-3:00pm	<b>Bronze:</b> 5:00-6:00pm <b>Silver:</b> 5:30-7:00pm <b>Gold:</b> 5:30-7:00pm <b>SR I &amp; II:</b> 5:30-7:00am	<b>Silver:</b> 7:00-8:30am <b>Gold:</b> 7:00-8:30am <b>SR I &amp; II:</b> 7:00-8:30am
6-Nov	7-Nov	8-Nov	9-Nov	10-Nov	11-Nov	12-Nov
	<b>Silver:</b> 5:00-6:00pm <b>Gold:</b> 5:30-7:00pm <b>SR I &amp; II:</b> 3:00-4:30pm	<b>Bronze:</b> 5:30-6:30pm <b>Gold:</b> 5:30-7:00pm <b>SR I &amp; II:</b> 3:00-4:30pm	<b>Silver:</b> 5:00-6:00pm <b>Gold:</b> 5:30-7:00pm <b>SR I &amp; II:</b> 3:00-4:30pm	<b>Bronze:</b> 5:30-6:30pm <b>Silver:</b> 5:00-6:00pm <b>Gold:</b> No training <b>SR:</b> No training	Veteran's Day  NO TRAINING	State Championships  NO TRAINING
13-Nov	14-Nov	15-Nov	16-Nov	17-Nov	18-Nov	19-Nov
State Championships  NO TRAINING	<b>Silver:</b> 5:00-6:00pm <b>Gold:</b> 5:30-7:00pm <b>SR I &amp; II:</b> 5:30-7:00pm	<b>Bronze:</b> 5:30-6:30pm <b>Gold:</b> 5:30-7:00pm <b>SR I &amp; II:</b> 3:00-4:30pm	<b>Silver:</b> 5:00-6:00pm <b>Gold:</b> 5:30-7:00pm <b>SR I &amp; II:</b> 3:00-4:30pm	<b>Bronze:</b> Twilight Meet <b>Silver:</b> Twilight Meet <b>Gold:</b> 5:30-7:00pm <b>SR I &amp; II:</b> 3:00-4:30pm	End of Fall Season  NO TRAINING	End of Fall Season  NO TRAINING
20-Nov	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov	26-Nov
	<b>Gold:</b> 5:30-7:00pm <b>SR I &amp; II:</b> 3:00-4:30pm	<b>Gold:</b> 5:30-7:00pm <b>SR I &amp; II:</b> 3:00-4:30pm	<b>Gold:</b> 5:30-7:00pm <b>SR I &amp; II:</b> 3:00-4:30pm	<b>THANKSGIVING DAY</b> <b>Gold:</b> 7:00-9:00am <b>SR I &amp; II:</b> 7:00-9:00am	NO TRAINING	NO TRAINING
27-Nov	28-Nov	29-Nov	30-Nov	1-Dec	2-Dec	3-Dec
	<b>Silver:</b> 5:00-6:00pm <b>Gold:</b> 5:30-7:00pm <b>SR I &amp; II:</b> 3:00-4:30pm	<b>Bronze:</b> 5:30-6:30pm <b>Gold:</b> 5:30-7:00pm <b>SR I &amp; II:</b> 3:00-4:30pm <b>SR I wts:</b> 2:30-3:00pm	<b>Silver:</b> 5:00-6:00pm <b>Gold:</b> 5:30-7:00pm <b>SR I &amp; II:</b> 3:00-4:30pm	<b>Bronze:</b> 5:30-6:30pm <b>Gold:</b> 5:30-7:00pm <b>SR I &amp; II:</b> 3:00-4:30pm <b>SR I wts:</b> 2:30-3:00pm	<b>Bronze:</b> 5:00-6:00pm <b>Silver:</b> 5:30-7:00pm <b>Gold:</b> 5:30-7:00pm <b>SR I &amp; II:</b> 5:30-7:00am	<b>Silver:</b> 7:00-8:30am <b>Gold:</b> 7:00-8:30am <b>SR I &amp; II:</b> 7:00-8:30am <b>SR I wts:</b> 8:45-9:30am



# Tigersharks Training Schedule

## BRONZE SQUAD

### NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1-Nov	2-Nov	3-Nov	4-Nov	5-Nov
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
6-Nov	7-Nov	8-Nov	9-Nov	10-Nov	11-Nov	12-Nov
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Veteran's Day NO TRAINING	State Championships NO TRAINING
13-Nov	14-Nov	15-Nov	16-Nov	17-Nov	18-Nov	19-Nov
State Championships NO TRAINING		Bronze: 5:30-6:30pm		BRONZE Twilight Meet 4:00-6:30pm	End of Fall Season NO TRAINING	End of Fall Season NO TRAINING
20-Nov	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov	26-Nov
	End of Fall Season NO TRAINING	End of Fall Season NO TRAINING	End of Fall Season NO TRAINING	THANKSGIVING DAY NO TRAINING	End of Fall Season NO TRAINING	End of Fall Season NO TRAINING
27-Nov	28-Nov	29-Nov	30-Nov	1-Dec	2-Dec	3-Dec
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	



# Tigersharks Training Schedule

## SILVER SQUAD

### NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1-Nov	2-Nov	3-Nov	4-Nov	5-Nov
			Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:00-8:30am
6-Nov	7-Nov	8-Nov	9-Nov	10-Nov	11-Nov	12-Nov
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm	Make Up Day Silver: 5:00-6:00pm	Veteran's Day  NO TRAINING	State Championships  NO TRAINING
13-Nov	14-Nov	15-Nov	16-Nov	17-Nov	18-Nov	19-Nov
State Championships  NO TRAINING	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm	Silver: Twilight Meet 4:00-6:30pm	End of Fall Season  NO TRAINING	End of Fall Season  NO TRAINING
20-Nov	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov	26-Nov
	End of Fall Season  NO TRAINING	End of Fall Season  NO TRAINING	End of Fall Season  NO TRAINING	THANKSGIVING DAY  NO TRAINING	End of Fall Season  NO TRAINING	End of Fall Season  NO TRAINING
27-Nov	28-Nov	29-Nov	30-Nov	1-Dec	2-Dec	3-Dec
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:00-8:30am





# Tigersharks Training Schedule

## SENIOR SQUAD

### NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1-Nov	2-Nov	3-Nov	4-Nov	5-Nov
		SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 5:30-7:00am	SR I & II: 7:00-8:30am
6-Nov	7-Nov	8-Nov	9-Nov	10-Nov	11-Nov	12-Nov
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	State Championships  NO TRAINING	State Championships  NO TRAINING	State Championships  NO TRAINING
13-Nov	14-Nov	15-Nov	16-Nov	17-Nov	18-Nov	19-Nov
State Championships  NO TRAINING	SR I & II: 5:30-7:00pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	End of Fall Season  NO TRAINING	End of Fall Season  NO TRAINING
20-Nov	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov	26-Nov
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	THANKSGIVING DAY  SR I & II: 7:00-9:00am	NO TRAINING	NO TRAINING
27-Nov	28-Nov	29-Nov	30-Nov	1-Dec	2-Dec	3-Dec
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 5:30-7:00am	SR I & II: 7:00-8:30am SR I wts: 8:45-9:30am



# Tigersharks Training Schedule

## MASTERS Squad

### November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1-Nov	2-Nov	3-Nov	4-Nov	5-Nov
			5:45 - 7:00 AM		5:45 - 7:00 AM	6:00 - 7:30 AM
6-Nov	7-Nov	8-Nov	9-Nov	10-Nov	11-Nov	12-Nov
			5:45 - 7:00 AM		Veteran's Day NO TRAINING	Veteran's Day NO TRAINING
13-Nov	14-Nov	15-Nov	16-Nov	17-Nov	18-Nov	19-Nov
			5:45 - 7:00 AM		5:45 - 7:00 AM No Coach	NO TRAINING
20-Nov	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov	26-Nov
			5:45 - 7:00 AM	Thanksgiving Day 7:00-9:00 AM	5:45 - 7:00 AM	6:00 - 7:30 AM
27-Nov	28-Nov	29-Nov	30-Nov	1-Dec	2-Dec	3-Dec
			5:45 - 7:00 AM		5:45 - 7:00 AM	6:00 - 7:30 AM



## Tigersharks Training Schedule

### General Fall Training Schedule

**August 29 - November 17**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Silver:</b> 5:00-6:00pm <b>Gold:</b> 5:30-7:00pm <b>SR I &amp; II:</b> 3:00-4:30pm	<b>Bronze:</b> 5:30-6:30pm  <b>Gold:</b> 5:30-7:00pm <b>SR I &amp; II:</b> 3:00-4:30pm <b>SR I wts:</b> 2:30-3:00pm	<b>Silver:</b> 5:00-6:00pm <b>Gold:</b> 5:30-7:00pm <b>SR I &amp; II:</b> 3:00-4:30pm	<b>Bronze:</b> 5:30-6:30pm  <b>Gold:</b> 5:30-7:00pm <b>SR I &amp; II:</b> 3:00-4:30pm <b>SR I wts:</b> 2:30-3:00pm	<b>Bronze:</b> 5:00-6:00pm <b>Silver:</b> 5:30-7:00pm <b>Gold:</b> 5:30-7:00pm <b>SR I &amp; II:</b> 5:30-7:00am	<b>Silver:</b> 7:00-8:30am <b>Gold:</b> 7:00-8:30am <b>SR I &amp; II:</b> 7:00-8:30am