



Tigersharks Training Schedule

Scroll Through For Your Squad

ALL Squads

APRIL 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
NNA Meet	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm FAR WESTERNS	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: NO TRAINING FAR WESTERNS	Silver: 7:00-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am FAR WESTERNS
2-Apr	3-Apr	4-Apr	5-Apr	6-Apr	7-Apr	8-Apr
Far Westerns	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am	Silver: 7:00-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am
9-Apr	10-Apr	11-Apr	12-Apr	13-Apr	14-Apr	15-Apr
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am	Silver: 7:00-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am
16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am	Silver: 7:00-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am
23-Apr	24-Apr	25-Apr	26-Apr	27-Apr	28-Apr	29-Apr
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00pm	Silver: 7:00-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am



Tigersharks Training Schedule

BRONZE SQUAD

APRIL 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
NNA Meet		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
				FAR WESTERNS	FAR WESTERNS	FAR WESTERNS
2-Apr	3-Apr	4-Apr	5-Apr	6-Apr	7-Apr	8-Apr
Far Westerns		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
9-Apr	10-Apr	11-Apr	12-Apr	13-Apr	14-Apr	15-Apr
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
23-Apr	24-Apr	25-Apr	26-Apr	27-Apr	28-Apr	29-Apr
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	



Tigersharks Training Schedule

SILVER SQUAD

APRIL 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
NNA Meet	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:00-8:30am
				FAR WESTERNS	FAR WESTERNS	FAR WESTERNS
2-Apr	3-Apr	4-Apr	5-Apr	6-Apr	7-Apr	8-Apr
Far Westerns	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:00-8:30am
9-Apr	10-Apr	11-Apr	12-Apr	13-Apr	14-Apr	15-Apr
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:00-8:30am
16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:00-8:30am
23-Apr	24-Apr	25-Apr	26-Apr	27-Apr	28-Apr	29-Apr
	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

APRIL 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
NNA Meet	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm FAR WESTERNS	SR I & II: NO TRAINING FAR WESTERNS	SR I & II: 7:00-8:30am FAR WESTERNS
2-Apr	3-Apr	4-Apr	5-Apr	6-Apr	7-Apr	8-Apr
Far Westerns	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 3:00-5:00pm	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
9-Apr	10-Apr	11-Apr	12-Apr	13-Apr	14-Apr	15-Apr
	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 3:00-5:00pm	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
16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr
	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 3:00-5:00pm	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
23-Apr	24-Apr	25-Apr	26-Apr	27-Apr	28-Apr	29-Apr
	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 5:30-7:00pm	SR I & II: 7:00-8:30am



Tigersharks Training Schedule

MASTERS Squad

APRIL 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
			5:45 - 7:00 AM		5:45 - 7:00 AM	6:00 - 7:30 AM Long Course
2-Apr	3-Apr	4-Apr	5-Apr	6-Apr	7-Apr	8-Apr
			5:45 - 7:00 AM		5:45 - 7:00 AM	6:00 - 7:30 AM Long Course
9-Apr	10-Apr	11-Apr	12-Apr	13-Apr	14-Apr	15-Apr
			5:45 - 7:00 AM		5:45 - 7:00 AM	6:00 - 7:30 AM Short Course
16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr
			5:45 - 7:00 AM		5:45 - 7:00 AM	6:00 - 7:30 AM Short Course
23-Apr	24-Apr	25-Apr	26-Apr	27-Apr	28-Apr	29-Apr
			5:45 - 7:00 AM		5:45 - 7:00 AM	7:00-8:30am Short Course



Tigersharks Training Schedule

General Spring Training Schedule

March 1 - June 10

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