



Tigersharks Training Schedule

Scroll Through For Your Squad

ALL Squads

AUGUST 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug
	Bronze: 5:30-6:30pm Silver: 7:30-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Bronze: 5:30-6:30pm Silver: 7:30-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Silver: 7:30-8:30am Gold: 7:00 - 8:30am SR I & II: 7:00-8:30am	Bronze: 5:30-6:30pm Silver: 7:30-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	HIGH COUNTRY CHAMPS No Training	HIGH COUNTRY CHAMPS No Training
6-Aug	7-Aug	8-Aug	9-Aug	10-Aug	11-Aug	12-Aug
HIGH COUNTRY CHAMPS	TEAM BREAK: August 7 - August 20					
13-Aug	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug
TEAM BREAK: August 7 - August 20						
20-Aug	21-Aug	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug
	Silver: 5:00-6:00pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm	Silver: 5:00-6:00pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm	No Training	No Training
27-Aug	28-Aug	29-Aug	30-Aug	31-Aug	1-Sep	2-Sep
	Silver: 5:00-6:00pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm	Silver: 5:00-6:00pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm	No Training	No Training



Tigersharks Training Schedule

BRONZE SQUAD

AUGUST 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug
	Bronze: 5:30-6:30pm	Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	HIGH COUNTRY CHAMPS No Training	HIGH COUNTRY CHAMPS No Training
6-Aug	7-Aug	8-Aug	9-Aug	10-Aug	11-Aug	12-Aug
HIGH COUNTRY CHAMPS	TEAM BREAK: August 7 - August 20					
13-Aug	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug
TEAM BREAK: August 7 - August 20						
20-Aug	21-Aug	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	No Training	No Training
27-Aug	28-Aug	29-Aug	30-Aug	31-Aug	1-Sep	2-Sep
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	No Training	No Training



Tigersharks Training Schedule

SILVER SQUAD

AUGUST 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug
	Silver: 7:30-8:30am	Silver: 7:30-8:30am	Silver: 7:30-8:30am	Silver: 7:30-8:30am	HIGH COUNTRY CHAMPS	HIGH COUNTRY CHAMPS
6-Aug	7-Aug	8-Aug	9-Aug	10-Aug	No Training	No Training
HIGH COUNTRY CHAMPS	TEAM BREAK: August 7 - August 20					
13-Aug	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug
TEAM BREAK: August 7 - August 20						
20-Aug	21-Aug	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		No Training	No Training
27-Aug	28-Aug	29-Aug	30-Aug	31-Aug	1-Sep	2-Sep
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		No Training	No Training



Tigersharks Training Schedule

GOLD SQUAD

AUGUST 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug
	Gold: 7:00-8:30am	Gold: 7:00-8:30am	Gold: 7:00 - 8:30am	Gold: 7:00-8:30am	HIGH COUNTRY CHAMPS No Training	HIGH COUNTRY CHAMPS No Training
6-Aug	7-Aug	8-Aug	9-Aug	10-Aug	11-Aug	12-Aug
HIGH COUNTRY CHAMPS	TEAM BREAK: August 7 - August 20					
13-Aug	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug
TEAM BREAK: August 7 - August 20						
20-Aug	21-Aug	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug
	Gold: 5:00-6:30pm	Gold: 5:00-6:30pm	Gold: 5:00-6:30pm	Gold: 5:00-6:30pm	No Training	No Training
27-Aug	28-Aug	29-Aug	30-Aug	31-Aug	1-Sep	2-Sep
	Gold: 5:00-6:30pm	Gold: 5:00-6:30pm	Gold: 5:00-6:30pm	Gold: 5:00-6:30pm	No Training	No Training



Tigersharks Training Schedule

SENIOR SQUAD

AUGUST 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug
	SR I & II: 7:00-8:30am	SR I & II: 7:00-8:30am	SR I & II: 7:00-8:30am	SR I & II: 7:00-8:30am	HIGH COUNTRY CHAMPS No Training	HIGH COUNTRY CHAMPS No Training
6-Aug	7-Aug	8-Aug	9-Aug	10-Aug	11-Aug	12-Aug
HIGH COUNTRY CHAMPS	TEAM BREAK: August 7 - August 20					
13-Aug	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug
TEAM BREAK: August 7 - August 20						
20-Aug	21-Aug	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	No Training	No Training
27-Aug	28-Aug	29-Aug	30-Aug	31-Aug	1-Sep	2-Sep
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	No Training	No Training



Tigersharks Training Schedule

MASTERS Squad

AUGUST 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug 6:00-7:30am
6-Aug	7-Aug	8-Aug	9-Aug 5:45-7am	10-Aug	11-Aug NO TRAINING	12-Aug NO TRAINING
13-Aug	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug
TEAM BREAK: August 11 - August 19						
20-Aug	21-Aug	22-Aug	23-Aug 5:45-7am	24-Aug	25-Aug 5:45-7am	26-Aug 6:00-7:30am
27-Aug	28-Aug	29-Aug	30-Aug 5:45-7am	31-Aug	1-Sep 5:45-7am	2-Sep 6:00-7:30am



Tigersharks Training Schedule

General Summer Training Schedule

Monday June 5 - Thursday August 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Bronze: 5:30-6:30pm Silver: 7:30-9:00am Gold: 7:00-9:00am SR I & II: swim + CF 6-7:15am + 7:40-8:40am	Bronze: 5:30-6:30pm Silver: 8:00-9:00am Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I: 2:30-4:15pm	Silver: 8:00-9:00am Gold: 7:00 - 8:30am SR I & II: 7:00-8:30am	Bronze: 5:30-6:30pm Silver: 8:00-9:00am Gold: 7:00-8:30am SR I & II: swim + CF 6-7:15am + 7:40-8:40am SR I: 2:30-4:15pm	Gold: 7:00-9:00am SR I & II: 7:00-9:00am	Gold: 7:00-9:00am SR I & II: 7:00-9:00am