



Tigersharks Training Schedule

Scroll Through For Your Squad

ALL Squads

FEBRUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-Feb	2-Feb	3-Feb	4-Feb
			Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	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 SR I wts: 8:45-9:30am
5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb	11-Feb
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	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: 3:00-4:30pm	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 Valentine's Meet	NO TRAINING Valentine's Meet
12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb	18-Feb
Valentine's Meet	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	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: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am CCS Age Champs	Silver: 7:00-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am CCS Age Champs
19-Feb	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb	25-Feb
CCS Age Champs	NO TRAINING President's Day	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: 3:00-4:30pm	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 SR I wts: 8:45-9:30am Zone All Star Meet
26-Feb	27-Feb	28-Feb	1-Mar	2-Mar	3-Mar	4-Mar
Zone All Star Meet	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	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: 3:00-4:30pm	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 SR I wts: 8:45-9:30am



Tigersharks Training Schedule

BRONZE SQUAD

FEBRUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-Feb	2-Feb	3-Feb	4-Feb
				Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb	11-Feb
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm Valentine's Meet	NO TRAINING Valentine's Meet
12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb	18-Feb
Valentine's Meet		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm CCS Age Champs	CCS Age Champs
19-Feb	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb	25-Feb
CCS Age Champs	NO TRAINING President's Day	Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	Zone All Star Meet
26-Feb	27-Feb	28-Feb	1-Mar	2-Mar	3-Mar	4-Mar
Zone All Star Meet		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	



Tigersharks Training Schedule

SILVER SQUAD

FEBRUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-Feb	2-Feb	3-Feb	4-Feb
			Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:00-8:30am
5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb	11-Feb
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm Valentine's Meet	NO TRAINING Valentine's Meet
12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb	18-Feb
Valentine's Meet	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm CCS Age Champs	Silver: 7:00-8:30am CCS Age Champs
19-Feb	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb	25-Feb
CCS Age Champs	NO TRAINING President's Day		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:00-8:30am Zone All Star Meet
26-Feb	27-Feb	28-Feb	1-Mar	2-Mar	3-Mar	4-Mar
Zone All Star Meet	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

FEBRUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-Feb	2-Feb	3-Feb	4-Feb
			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
5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb	11-Feb
	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 Valentine's Meet	NO TRAINING Valentine's Meet
12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb	18-Feb
Valentine's Meet	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 & II: 5:30-7:00am CCS Age Champs	SR I & II: 7:00-8:30am CCS Age Champs
19-Feb	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb	25-Feb
CCS Age Champs	NO TRAINING President's Day CCS Age Champs	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 Zone All Star Meet
26-Feb	27-Feb	28-Feb	1-Mar	2-Mar	3-Mar	4-Mar
Zone All Star Meet	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

JANUARY 2023

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



Tigersharks Training Schedule

General Winter Training Schedule

November 28, 2022 - February 25, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	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: 3:00-4:30pm	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 SR I wts: 8:45-9:30am