

# Scroll Through For Your Squad

### **ALL Squads**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-Mar	2-Mar	3-Mar	4-Mar
				Silvery Fron Cronwa	<b>Bronze:</b> 5:30-6:30pm	<b>Bronze</b> : 5:00-6:00pm	6th 7.00 0.20
				<b>Silver:</b> 5:00-6:00pm <b>Gold:</b> 5:30-7:00pm	<b>Gold:</b> 5:30-7:00pm	<b>Silver:</b> 5:30-7:00pm <b>Gold:</b> 5:30-7:00pm	<b>Silver:</b> 7:00-8:30am <b>Gold:</b> 7:00-8:30am
				SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	SR I & II: 5:30-7:00am	SR I & II: 7:00-8:30am
				<b>3K I &amp; II.</b> 3.00-4.30piii	SR I wts: 2:30-3:00pm	3K   & II. 3.30-7.00a111	3K 1 & II. 7.00-6.50aiii
	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar
					TWILIGHT MEET		
			Bronze: 5:30-6:30pm		Bronze & Silver	Bronze: 5:00-6:00pm	
		<b>Silver:</b> 5:00-6:00pm		<b>Silver:</b> 5:00-6:00pm	4:00-7:00pm	<b>Silver:</b> 5:30-7:00pm	<b>Silver:</b> 7:00-8:30am
		<b>Gold:</b> 5:30-7:00pm	<b>Gold:</b> 5:30-7:00pm	<b>Gold:</b> 5:30-7:00pm	<b>Gold:</b> 5:30-7:00pm	<b>Gold:</b> 5:30-7:00pm	Gold: 7:00-8:30am
		SR I & II: 3:00-4:30pm	<b>SR I &amp; II:</b> 3:00-4:30pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	<b>SR I &amp; II:</b> 5:30-7:00am	<b>SR I &amp; II:</b> 7:00-8:30am
			<b>SR I wts:</b> 2:30-3:00pm		<b>SR I wts:</b> 2:30-3:00pm		
	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
			Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
		<b>Silver:</b> 5:00-6:00pm		<b>Silver:</b> 5:00-6:00pm		<b>Silver:</b> 5:30-7:00pm	Silver: 7:00-8:30am
		Gold: 5:30-7:00pm	<b>Gold:</b> 5:30-7:00pm	<b>Gold:</b> 5:30-7:00pm	Gold: 5:30-7:00pm	<b>Gold:</b> 5:30-7:00pm	Gold: 7:00-8:30am
		SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm	<b>SR I &amp; II:</b> 3:00-5:00pm	SR I & II: 3:00-4:30pm	<b>SR I &amp; II:</b> 5:30-7:00am	<b>SR I &amp; II:</b> 7:00-8:30am
			<b>SR I wts:</b> 2:30-3:00pm		<b>SR I wts:</b> 2:30-3:00pm		
	19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar
							NNA Meet
			<b>Bronze:</b> 5:30-6:30pm		Bronze: 5:30-6:30pm	<b>Bronze</b> : 5:00-6:00pm	No Training
		<b>Silver:</b> 5:00-6:00pm		<b>Silver:</b> 5:00-6:00pm		<b>Silver:</b> 5:30-7:00pm	Silver and Gold
		<b>Gold:</b> 5:30-7:00pm	<b>Gold:</b> 5:30-7:00pm	<b>Gold:</b> 5:30-7:00pm	<b>Gold:</b> 5:30-7:00pm	<b>Gold:</b> 5:30-7:00pm	
		SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm	<b>SR I &amp; II:</b> 3:00-5:00pm	SR I & II: 3:00-4:30pm	<b>SR I &amp; II:</b> 5:30-7:00am	<b>SR I &amp; II:</b> 7:00-8:30am
			SR I wts: 2:30-3:00pm		<b>SR I wts:</b> 2:30-3:00pm		
	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
	NA Meet		<b>Bronze:</b> 5:30-6:30pm		<b>Bronze:</b> 5:30-6:30pm	<b>Bronze</b> : 5:00-6:00pm	
i N	VIVA IVICEL	<b>Silver:</b> 5:00-6:00pm	<b>Biolize.</b> 5.30-0.30pm	<b>Silver:</b> 5:00-6:00pm	<b>Gold:</b> 5:30-7:00pm	<b>Silver:</b> 5:30-7:00pm	Silver: 7:00-8:30am
		<b>Gold:</b> 5:30-7:00pm	<b>Gold:</b> 5:30-7:00pm	<b>Gold:</b> 5:30-7:00pm	SR I & II: 3:00-4:30pm	<b>Gold:</b> 5:30-7:00pm	Gold: 7:00-8:30am
		SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-5:00pm	SR I wts: 2:30-3:00pm	SR I & II: NO TRAINING	SR I & II: 7:00-8:30am
		51. 1 G. II. 5.00-5.00pill	SR I wts: 2:30-3:00pm	3π i & ii. 3.00-3.00piii	FAR WESTERNS	FAR WESTERNS	FAR WESTERNS



### **BRONZE SQUAD**

### Striving Together.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-Mar	2-Mar	3-Mar	4-Mar
				<b>Bronze:</b> 5:30-6:30pm	<b>Bronze</b> : 5:00-6:00pm	
5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar
		<b>Bronze:</b> 5:30-6:30pm		TWILIGHT MEET 4:00-7:00pm	<b>Bronze</b> : 5:00-6:00pm	
12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
		<b>Bronze:</b> 5:30-6:30pm		<b>Bronze:</b> 5:30-6:30pm	<b>Bronze</b> : 5:00-6:00pm	
19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar
		<b>Bronze:</b> 5:30-6:30pm		<b>Bronze:</b> 5:30-6:30pm	<b>Bronze</b> : 5:00-6:00pm	NNA Age Group Swim Meet
26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
NNA Meet		<b>Bronze:</b> 5:30-6:30pm		<b>Bronze:</b> 5:30-6:30pm	<b>Bronze</b> : 5:00-6:00pm	



# **SILVER SQUAD**

### Striving Together.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-Mar	2-Mar	3-Mar	4-Mar
			<b>Silver:</b> 5:00-6:00pm		<b>Silver:</b> 5:30-7:00pm	<b>Silver:</b> 7:00-8:30am
5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar
	<b>Silver:</b> 5:00-6:00pm		<b>Silver:</b> 5:00-6:00pm	TWILIGHT MEET 4:00-7:00pm	<b>Silver:</b> 5:30-7:00pm	<b>Silver:</b> 7:00-8:30am
12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
	<b>Silver:</b> 5:00-6:00pm		<b>Silver:</b> 5:00-6:00pm		<b>Silver:</b> 5:30-7:00pm	<b>Silver:</b> 7:00-8:30am
19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar
	<b>Silver:</b> 5:00-6:00pm		<b>Silver:</b> 5:00-6:00pm		<b>Silver:</b> 5:30-7:00pm	NNA Age Group Swim Meet NO TRAINING
26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
NNA Meet	<b>Silver:</b> 5:00-6:00pm		<b>Silver:</b> 5:00-6:00pm		<b>Silver:</b> 5:30-7:00pm	<b>Silver:</b> 7:00-8:30am



# **GOLD SQUAD**

### Striving Together.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-Mar	2-Mar	3-Mar	4-Mar
			<b>Gold:</b> 5:30-7:00pm	<b>Gold:</b> 5:30-7:00pm	<b>Gold:</b> 5:30-7:00pm	<b>Gold:</b> 7:00-8:30am
5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar
	<b>Gold:</b> 5:30-7:00pm	<b>Gold:</b> 7:00-8:30am				
12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
	<b>Gold:</b> 5:30-7:00pm	<b>Gold:</b> 7:00-8:30am				
19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar
	<b>Gold:</b> 5:30-7:00pm	NNA Age Group Swim Meet NO TRAINING				
26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
NNA Meet	<b>Gold:</b> 5:30-7:00pm	<b>Gold:</b> 5:30-7:00pm	<b>Gold:</b> 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 7:00-8:30am  FAR WESTERNS



### **SENIOR SQUAD**

SR I wts: 2:30-3:00pm         SR I wts: 2:30-3:00pm           19-Mar         20-Mar         21-Mar         22-Mar         23-Mar         24-Mar         25-Mar           NNA Meet	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR   &				1-Mar	2-Mar	3-Mar	4-Mar
SR   &							
SR   &							
SR   &							
SR   &				<b>SR I &amp; II:</b> 3:00-4:30nm	<b>SR I &amp; II:</b> 3:00-4:30nm	<b>SR I &amp; II:</b> 5:30-7:00am	<b>SR I &amp; II:</b> 7:00-8:30am
5-Mar         6-Mar         7-Mar         8-Mar         9-Mar         10-Mar         11-Mar           SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm         SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm         SR I & II: 5:30-7:00am SR I wts: 2:30-3:00p				Sitt a in side insepin	· ·	51. T & III 5.50 7.000III	5K 1 C III 7 100 0.300111
SR   wts: 2:30-3:00pm   SR   wts: 2:30-3:00pm	5-Mar	6-Mar	7-Mar	8-Mar		10-Mar	11-Mar
SR   wts: 2:30-3:00pm   SR   wts: 2:30-3:00pm   12-Mar   13-Mar   14-Mar   15-Mar   16-Mar   17-Mar   18-Mar   18-Mar							
SR   wts: 2:30-3:00pm   SR   wts: 2:30-3:00pm							
SR   wts: 2:30-3:00pm   SR   wts: 2:30-3:00pm							
SR   wts: 2:30-3:00pm   SR   wts: 2:30-3:00pm		CD   9    2:00 4:20pm	CD   9     2:00 4:20pm	CD   9    2:00 4:20pm	CD   Q    2:00 4:20nm	CD   9     E:20 7:00am	<b>CD   9    7:00</b> 9:20am
12-Mar         13-Mar         14-Mar         15-Mar         16-Mar         17-Mar         18-Mar           SR I & II: 3:00-5:00pm         SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm         SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm         SR I & II: 5:30-7:00am SR I wts: 2:30-3:00pm         SR I & II: 5:30-7:00am SR I wts: 2:30-3:00pm         SR I & II: 5:30-7:00am SR I wts: 2:30-3:00pm         SR I & II: 7:00-8:30 SR I wts: 2:30-3:00pm           19-Mar         20-Mar         21-Mar         22-Mar         23-Mar         24-Mar         25-Mar           NNA Meet		<b>3K   &amp; II.</b> 5.00-4.50piii	·	<b>3K   Q     .</b> 5.00-4.50pi	· ·	3K   & II. 3.30-7.00am	3K   & II. 7.00-8.30aiii
SR   &	12-Mar	13-Mar		15-Mar		17-Mar	18-Mar
SR I wts: 2:30-3:00pm         SR I wts: 2:30-3:00pm           19-Mar         20-Mar         21-Mar         22-Mar         23-Mar         24-Mar         25-Mar           NNA Meet	22 11101	25 11141	2111101	25 11141	20 11101	27 11101	20 11101
SR I wts: 2:30-3:00pm         SR I wts: 2:30-3:00pm           19-Mar         20-Mar         21-Mar         22-Mar         23-Mar         24-Mar         25-Mar           NNA Meet							
SR I wts: 2:30-3:00pm         SR I wts: 2:30-3:00pm           19-Mar         20-Mar         21-Mar         22-Mar         23-Mar         24-Mar         25-Mar           NNA Meet							
SR I wts: 2:30-3:00pm         SR I wts: 2:30-3:00pm           19-Mar         20-Mar         21-Mar         22-Mar         23-Mar         24-Mar         25-Mar           NNA Meet							
19-Mar         20-Mar         21-Mar         22-Mar         23-Mar         24-Mar         25-Mar           NNA Meet		SR I & II: 3:00-5:00pm		SR I & II: 3:00-5:00pm	· ·	<b>SR I &amp; II:</b> 5:30-7:00am	<b>SR I &amp; II:</b> 7:00-8:30am
NNA Meet	10.00						
	19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	
Duama Cilvan O C							
Bronze, Silver, & G							Bronze, Silver, & Gold
SRI&II: 3:00-5:00pm   SRI&II: 3:00-4:30pm   SRI&II: 3:00-5:00pm   SRI&II: 3:00-4:30pm   SRI&II: 5:30-7:00am   SRI&II: 7:00-8:30		SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm	SR I & II: 5:30-7:00am	SR I & II: 7:00-8:30am
SR I wts: 2:30-3:00pm         SR I wts: 2:30-3:00pm			SR I wts: 2:30-3:00pm	·	SR I wts: 2:30-3:00pm		
26-Mar         27-Mar         28-Mar         29-Mar         30-Mar         31-Mar         1-Apr	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
NNA Meet	NNA Meet						
SR I & II: 3:00-5:00pm   SR I & II: 3:00-4:30pm   SR I & II: 3:00-5:00pm   SR I & II: 3:00-4:30pm   SR I & II: NO TRAINING		CD   9    2:00 E:00	CD   9   , 2,00 4,20	CD   9    2:00 E:00	CD   9    2:00 4:20	CD I 9 III NO TRAINING	
		-	-	วห เ & II: 3:00-5:00pm		SK I & II: NO I KAINING	<b>SR I &amp; II:</b> 7:00-8:30am
· · ·		<b>3π ι α ιι.</b> 3.00-3.00μπ	31. i wts. 2.30-3.00pm		· · · · · · · · · · · · · · · · · · ·	FAR WESTERNS	FAR WESTERNS



# **MASTERS Squad**

Striving Together.

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



# **General Spring Training Schedule**

#### Striving Together

### March 1 - June 10

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