



# Tigersharks Training Schedule

*Scroll Through For Your Squad*

## ALL Squads

### NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30-Oct	31-Oct	1-Nov	2-Nov	3-Nov	4-Nov
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	<b>HALLOWEEN</b> Bronze: 5:00-6:00pm Gold: 5:00-6:00pm SR I & II: 3:00-4:30pm SR I wts: 2:15-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm SR I wts: 2:15-3:00pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am	Silver: 7:30-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I wts: NO weights
5-Nov	6-Nov	7-Nov	8-Nov	9-Nov	10-Nov	11-Nov
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm SR I wts: NO weights	Bronze: Twilight Meet Silver: Twilight Meet Gold: 5:30-6:30pm SR I & II: 3:00-4:30pm	NO Training NV State Champs	NO Training NV State Champs	NO Training NV State Champs
12-Nov	13-Nov	14-Nov	15-Nov	16-Nov	17-Nov	18-Nov
NV State Champs	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm SR I wts: NO weights	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm SR I wts: NO weights	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am	Silver: 7:30-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I wts: NO weights
19-Nov	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm SR I wts: NO weights	Silver: 7:30-8:30AM Gold: 7:00-8:30AM SR I & II: 7:00-8:30AM	<b>THANKSGIVING</b> Bronze: 8:00-9:00AM Silver: 8:00-9:00AM Gold: 7:00-9:00AM SR I & II: 7:00-9:00AM	NO Training	NO Training
26-Nov	27-Nov	28-Nov	29-Nov	30-Nov	1-Dec	2-Dec
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm SR I wts: 2:15-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm SR I wts: 2:15-3:00pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am SR I & II: 3:00-4:30pm	Silver: 7:30-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I wts: 8:45-9:30am



# Tigersharks Training Schedule

## BRONZE SQUAD

### NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30-Oct	31-Oct	1-Nov	2-Nov	3-Nov	4-Nov
		HALLOWEEN Bronze: 5:00-6:00pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
5-Nov	6-Nov	7-Nov	8-Nov	9-Nov	10-Nov	11-Nov
		Bronze: 5:30-6:30pm	Bronze: Twilight Meet 4:00-6:30pm	NO Training NV State Champs	NO Training NV State Champs	NO Training NV State Champs
12-Nov	13-Nov	14-Nov	15-Nov	16-Nov	17-Nov	18-Nov
NV State Champs		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
19-Nov	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov
		Bronze: 5:30-6:30pm		THANKSGIVING Bronze: 8:00-9:00AM	NO Training	NO Training
26-Nov	27-Nov	28-Nov	29-Nov	30-Nov	1-Dec	2-Dec
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	



## Tigersharks Training Schedule

### SILVER SQUAD

### NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30-Oct	31-Oct	1-Nov	2-Nov	3-Nov	4-Nov
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:30-8:30am
5-Nov	6-Nov	7-Nov	8-Nov	9-Nov	10-Nov	11-Nov
	Silver: 5:00-6:00pm		Silver: Twilight Meet 4:00-6:30pm	NO Training NV State Champs	NO Training NV State Champs	NO Training NV State Champs
12-Nov	13-Nov	14-Nov	15-Nov	16-Nov	17-Nov	18-Nov
NV State Champs	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:30-8:30am
19-Nov	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov
	Silver: 5:00-6:00pm		Silver: 7:30-8:30AM	THANKSGIVING Silver: 8:00-9:00AM	NO Training	NO Training
26-Nov	27-Nov	28-Nov	29-Nov	30-Nov	1-Dec	2-Dec
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:30-8:30am



# Tigersharks Training Schedule

## GOLD SQUAD

### NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30-Oct	31-Oct	1-Nov	2-Nov	3-Nov	4-Nov
	Gold: 5:30-7:00pm	HALLOWEEN Gold: 5:00-6:00pm	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	Gold: 5:30-7:00pm	Gold: 7:00-8:30am
5-Nov	6-Nov	7-Nov	8-Nov	9-Nov	10-Nov	11-Nov
	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	Gold: 5:30-6:30pm	NO Training NV State Champs	NO Training NV State Champs	NO Training NV State Champs
12-Nov	13-Nov	14-Nov	15-Nov	16-Nov	17-Nov	18-Nov
NV State Champs	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	Gold: 5:30-7:00pm	Gold: 7:00-8:30am
19-Nov	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov
	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	Gold: 7:00-8:30AM	THANKSGIVING Gold: 7:00-9:00AM	NO Training	NO Training
26-Nov	27-Nov	28-Nov	29-Nov	30-Nov	1-Dec	2-Dec
	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	Gold: 5:30-7:00pm	Gold: 7:00-8:30am



# Tigersharks Training Schedule

## SENIOR SQUAD

### NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30-Oct	31-Oct	1-Nov	2-Nov	3-Nov	4-Nov
	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-3:00pm	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-3:00pm	SR I & II: 5:30-7:00am	SR I & II: 7:00-8:30am SR I wts: NO weights
5-Nov	6-Nov	7-Nov	8-Nov	9-Nov	10-Nov	11-Nov
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: NO weights	SR I & II: 3:00-4:30pm	NO Training NV State Champs	NO Training NV State Champs	NO Training NV State Champs
12-Nov	13-Nov	14-Nov	15-Nov	16-Nov	17-Nov	18-Nov
NV State Champs	SR I & II: 5:30-7:00pm	SR I & II: 3:00-4:30pm SR I wts: NO weights	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm SR I wts: NO weights	SR I & II: 5:30-7:00am	SR I & II: 7:00-8:30am SR I wts: NO weights
19-Nov	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov
	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm SR I wts: NO weights	SR I & II: 7:00-8:30AM	THANKSGIVING SR I & II: 7:00-9:00AM	NO Training	NO Training
26-Nov	27-Nov	28-Nov	29-Nov	30-Nov	1-Dec	2-Dec
	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-3:00pm	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-3:00pm	SR I & II: 5:30-7:00am SR I & II: 3:00-4:30pm	SR I & II: 7:00-8:30am SR I wts: 8:45-9:30am



## Tigersharks Training Schedule

### MASTERS Squad

### NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1-Nov</b> 5:45-7am	<b>2-Nov</b>	<b>3-Nov</b> 5:45-7am	<b>4-Nov</b> 6:00-7:30am
<b>5-Nov</b>	<b>6-Nov</b>	<b>7-Nov</b>	<b>8-Nov</b> 5:45-7am	<b>9-Nov</b>	<b>10-Nov</b> NO TRAINING	<b>11-Nov</b> NO TRAINING
<b>12-Nov</b>	<b>13-Nov</b>	<b>14-Nov</b>	<b>15-Nov</b> 5:45-7am	<b>16-Nov</b>	<b>17-Nov</b> 5:45-7am	<b>18-Nov</b> 6:00-7:30am
<b>19-Nov</b>	<b>20-Nov</b>	<b>21-Nov</b>	<b>22-Nov</b> 5:45-7am	<b>23-Nov</b> THANKSGIVING 7:00-9:00AM	<b>24-Nov</b> 5:45-7am	<b>25-Nov</b> 6:00-7:30am
<b>26-Nov</b>	<b>27-Nov</b>	<b>28-Nov</b>	<b>29-Nov</b> 5:45-7am	<b>30-Nov</b>	<b>1-Dec</b> 5:45-7am	<b>2-Dec</b> 6:00-7:30am



## Tigersharks Training

### General Fall Training Schedule

***Tuesday September 5 - Wednesday November 8***

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> 3:00-5:00pm	<b>Bronze:</b> 5:30-6:30pm  <b>Gold:</b> 5:00-6:30pm <b>SR I &amp; II:</b> 3:00-4:30pm <b>SR I wts:</b> 2:15-3:00pm	<b>Silver:</b> 5:00-6:00pm <b>Gold:</b> 5:30-7:00pm <b>SR I &amp; II:</b> 3:00-5:00pm	<b>Bronze:</b> 5:30-6:30pm  <b>Gold:</b> 5:00-6:30pm <b>SR I &amp; II:</b> 3:00-4:30pm <b>SR I wts:</b> 2:15-3:00pm	<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>SR I &amp; II:</b> 3:00-4:30pm	<b>Silver:</b> 7:30-8:30am <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