



Tigersharks Training Schedule

Scroll Through For Your Squad

ALL Squads

OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-Oct	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct	7-Oct
	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
8-Oct	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct
	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
15-Oct	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct	21-Oct
	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	No PM Training RENO King of the Hill Meet SR I & II: 5:30-7:00am	No Training RENO King of the Hill Meet
22-Oct	23-Oct	24-Oct	25-Oct	26-Oct	27-Oct	28-Oct
RENO King of the Hill Meet	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm 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	Running of the Sharks 4:30-7:30 PM	Silver: NO Training Gold: 6:00-7:30am SR I & II: 6:00-7:30am SR I wts: NO weights
29-Oct	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	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 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: NO weights



Tigersharks Training Schedule

BRONZE SQUAD

OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-Oct	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct	7-Oct
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
8-Oct	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
15-Oct	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct	21-Oct
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	No Training RENO King of the Hill Meet	No Training RENO King of the Hill Meet
22-Oct	23-Oct	24-Oct	25-Oct	26-Oct	27-Oct	28-Oct
RENO King of the Hill Meet		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Running of the Sharks 4:30-7:30 PM	
29-Oct	30-Oct	31-Oct	1-Nov	2-Nov	3-Nov	4-Nov
		Bronze: 5:00-6:00pm Halloween		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	



Tigersharks Training Schedule

SILVER SQUAD

OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-Oct	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct	7-Oct
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:30-8:30am
8-Oct	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:30-8:30am
15-Oct	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct	21-Oct
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		No Training RENO King of the Hill Meet	No Training RENO King of the Hill Meet
22-Oct	23-Oct	24-Oct	25-Oct	26-Oct	27-Oct	28-Oct
RENO King of the Hill Meet	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Running of the Sharks 4:30-7:30 PM	Silver: NO Training NV Day Parade
29-Oct	30-Oct	31-Oct	1-Nov	2-Nov	3-Nov	4-Nov
	Silver: 5:00-6:00pm	Halloween	Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:30-8:30am



Tigersharks Training Schedule

GOLD SQUAD

OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-Oct	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct	7-Oct
	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
8-Oct	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct
	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
15-Oct	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct	21-Oct
	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	No Training RENO King of the Hill Meet	No Training RENO King of the Hill Meet
22-Oct	23-Oct	24-Oct	25-Oct	26-Oct	27-Oct	28-Oct
RENO King of the Hill Meet	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	Running of the Sharks 4:30-7:30 PM	NV Day Parade Gold: 6:00-7:30am
29-Oct	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



Tigersharks Training Schedule

SENIOR SQUAD

OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-Oct	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct	7-Oct
	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
8-Oct	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct
	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
15-Oct	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct	21-Oct
	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	RENO KOH Meet SR I & II: 5:30-7:00am SR I & II: No PM training	No Training RENO King of the Hill Meet
22-Oct	23-Oct	24-Oct	25-Oct	26-Oct	27-Oct	28-Oct
RENO King of the Hill Meet	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	Running of the Sharks 4:30-7:30 PM	NV Day Parade SR I & II: 6:00-7:30am SR I wts: NO weights
29-Oct	30-Oct	31-Oct	1-Nov	2-Nov	3-Nov	4-Nov
	SR I & II: 3:00-5:00pm	Halloween 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: NO weights



Tigersharks Training Schedule

MASTERS Squad

OCTOBER 2023

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



Tigersharks Training

General Fall Training Schedule

Tuesday September 5 - Wednesday November 8

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: 5:00-6:30pm 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	Silver: 7:30-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I wts: 8:45-9:30am