



Tigersharks Training Schedule

Scroll Through For Your Squad

ALL Squads

SEPTEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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
3-Sep	4-Sep	5-Sep	6-Sep	7-Sep	8-Sep	9-Sep
	No Training Labor Day	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
10-Sep	11-Sep	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep
	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 Training Molly Lahlum Meet	No Training Molly Lahlum Meet
17-Sep	18-Sep	19-Sep	20-Sep	21-Sep	22-Sep	23-Sep
Molly Lahlum 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	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
24-Sep	25-Sep	26-Sep	27-Sep	28-Sep	29-Sep	30-Sep
	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

SEPTEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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
3-Sep	4-Sep	5-Sep	6-Sep	7-Sep	8-Sep	9-Sep
	No Training Labor Day	Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
10-Sep	11-Sep	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	No Training Molly Lahlum Meet	No Training Molly Lahlum Meet
17-Sep	18-Sep	19-Sep	20-Sep	21-Sep	22-Sep	23-Sep
Molly Lahlum Meet		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
24-Sep	25-Sep	26-Sep	27-Sep	28-Sep	29-Sep	30-Sep
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	



Tigersharks Training Schedule

SILVER SQUAD

SEPTEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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
3-Sep	4-Sep	5-Sep	6-Sep	7-Sep	8-Sep	9-Sep
	No Training Labor Day		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:30-8:30am
10-Sep	11-Sep	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		No Training Molly Lahlum Meet	No Training Molly Lahlum Meet
17-Sep	18-Sep	19-Sep	20-Sep	21-Sep	22-Sep	23-Sep
Molly Lahlum Meet	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:30-8:30am
24-Sep	25-Sep	26-Sep	27-Sep	28-Sep	29-Sep	30-Sep
	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

SEPTEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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
3-Sep	4-Sep	5-Sep	6-Sep	7-Sep	8-Sep	9-Sep
	No Training Labor Day	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
10-Sep	11-Sep	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep
	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	No Training Molly Lahlum Meet	No Training Molly Lahlum Meet
17-Sep	18-Sep	19-Sep	20-Sep	21-Sep	22-Sep	23-Sep
Molly Lahlum Meet	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
24-Sep	25-Sep	26-Sep	27-Sep	28-Sep	29-Sep	30-Sep
	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

SEPTEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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
3-Sep	4-Sep	5-Sep	6-Sep	7-Sep	8-Sep	9-Sep
	No Training Labor Day	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: 8:45-9:30am
10-Sep	11-Sep	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep
	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	No Training Molly Lahlum Meet	No Training Molly Lahlum Meet
17-Sep	18-Sep	19-Sep	20-Sep	21-Sep	22-Sep	23-Sep
Molly Lahlum 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	SR I & II: 5:30-7:00am	SR I & II: 7:00-8:30am SR I wts: 8:45-9:30am
24-Sep	25-Sep	26-Sep	27-Sep	28-Sep	29-Sep	30-Sep
	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

SEPTEMBER 2023

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