



Tigersharks Training Schedule

Scroll Through For Your Squad

ALL Squads

MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-Mar	2-Mar Bronze 10-: 4:30-5:30pm Bronze 11+: 5:30-6:30pm Gold: 5-6:30pm SR I: 5:30-7am SR I & II: 3-4:30pm	3-Mar Silver: 4-5:30pm Gold: 5-6:30pm SR I & II: 3-5:00pm	4-Mar Bronze 10-: 4:30-5:30pm Bronze 11+: 5:30-6:30pm Gold: 4:30-6:30pm SR I: 2:30-4:30pm SR II: 3-4:30pm	5-Mar Silver: 4-5:30pm Gold: 5-6:30pm SR I & II: 3-5:00pm	6-Mar Bronze: 4:30-5:30pm Silver: 4:30-6:30pm Gold: 4:30-6:30pm SR I & II: 5:30-7am	7-Mar Bronze: 7-8:30am Silver: 7-8:30am Gold: 6:30-8:30am SR I & II: 6:30-8:30am HIGH SCHOOL: 9am
8-Mar	9-Mar Bronze 10-: 4:30-5:30pm Bronze 11+: 5:30-6:30pm Gold: 5-6:30pm SR I: 5:30-7am SR I & II: 3-4:30pm	10-Mar Silver: 4-5:30pm Gold: 5-6:30pm SR I & II: 3-5:00pm	11-Mar Bronze 10-: 4:30-5:30pm Bronze 11+: 5:30-6:30pm Gold: 4:30-6:30pm SR I: 2:30-4:30pm SR II: 3-4:30pm	12-Mar Silver: 5:30-6:30pm Gold: 5:30-6:30pm SR I & II: no training HIGH SCHOOL: 1pm	13-Mar Bronze: Twilight Meet Silver: Twilight Meet Gold: Twilight Meet SR I & II: 3:00-4:30pm	14-Mar Bronze: 7-8:30am Silver: 7-8:30am Gold: 6:30-8:30am SR I & II: 6:30-8:30am
15-Mar	16-Mar Bronze 10-: 4:30-5:30pm Bronze 11+: 5:30-6:30pm Gold: 5-6:30pm SR I: 5:30-7am SR I & II: 3-4:30pm	17-Mar Silver: 4-5:30pm Gold: 5-6:30pm SR I & II: 3-5:00pm	18-Mar Bronze 10-: 4:30-5:30pm Bronze 11+: 5:30-6:30pm Gold: 4:30-6:30pm SR I: 2:30-4:30pm SR II: 3-4:30pm	19-Mar Silver: 4-5:30pm Gold: 5-6:30pm SR I & II: 3-5:00pm	20-Mar Bronze: 4:30-5:30pm Silver: 4:30-6:30pm Gold: 4:30-6:30pm SR I & II: 5:30-7am	21-Mar NNA Age Group Meet No Training
22-Mar NNA Age Group Meet	23-Mar Bronze 10-: 4:30-5:30pm Bronze 11+: 5:30-6:30pm Gold: 5-6:30pm SR I: 5:30-7am SR I & II: 3-4:30pm	24-Mar Silver: 4-5:30pm Gold: 5-6:30pm SR I & II: 3-5:00pm	25-Mar Bronze 10-: 4:30-5:30pm Bronze 11+: 5:30-6:30pm Gold: 4:30-6:30pm SR I: 2:30-4:30pm SR II: 3-4:30pm	26-Mar Silver: 4-5:30pm Gold: 5-6:30pm SR I & II: 3-5:00pm	27-Mar Bronze: 4:30-5:30pm Silver: 4:30-6:30pm Gold: 4:30-6:30pm SR I & II: 5:30-7am	28-Mar Bronze: 7-8:30am Silver: 7-8:30am Gold: 6:30-8:30am SR I & II: 6:30-8:30am HIGH SCHOOL: 9am
29-Mar	30-Mar Bronze 10-: 4:30-5:30pm Bronze 11+: 5:30-6:30pm Gold: 5-6:30pm SR I: 5:30-7am SR I & II: 3-4:30pm	31-Mar Silver: 4-5:30pm Gold: 5-6:30pm SR I & II: 3-5:00pm				



Tigersharks Training Schedule

BRONZE Squad

MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-Mar	2-Mar Bronze 10-: 4:30-5:30pm Bronze 11+: 5:30-6:30pm	3-Mar	4-Mar Bronze 10-: 4:30-5:30pm Bronze 11+: 5:30-6:30pm	5-Mar	6-Mar Bronze: 4:30-5:30pm	7-Mar Bronze: 7-8:30am HIGH SCHOOL: 9am
8-Mar	9-Mar Bronze 10-: 4:30-5:30pm Bronze 11+: 5:30-6:30pm	10-Mar	11-Mar Bronze 10-: 4:30-5:30pm Bronze 11+: 5:30-6:30pm	12-Mar HIGH SCHOOL: 1pm	13-Mar Bronze: Twilight Meet 4-7pm	14-Mar Bronze: 7-8:30am
15-Mar	16-Mar Bronze 10-: 4:30-5:30pm Bronze 11+: 5:30-6:30pm	17-Mar	18-Mar Bronze 10-: 4:30-5:30pm Bronze 11+: 5:30-6:30pm	19-Mar	20-Mar Bronze: 4:30-5:30pm	21-Mar NNA Age Group Meet No Training
22-Mar NNA Age Group Meet	23-Mar Bronze 10-: 4:30-5:30pm Bronze 11+: 5:30-6:30pm	24-Mar	25-Mar Bronze 10-: 4:30-5:30pm Bronze 11+: 5:30-6:30pm	26-Mar	27-Mar Bronze: 4:30-5:30pm	28-Mar Bronze: 7-8:30am HIGH SCHOOL: 9am
29-Mar	30-Mar Bronze 10-: 4:30-5:30pm Bronze 11+: 5:30-6:30pm	31-Mar				



Tigersharks Training Schedule

SILVER Squad

MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-Mar	2-Mar	3-Mar Silver: 4-5:30pm	4-Mar	5-Mar Silver: 4-5:30pm	6-Mar Silver: 4:30-6:30pm	7-Mar Silver: 7-8:30am HIGH SCHOOL: 9am
8-Mar	9-Mar	10-Mar Silver: 4-5:30pm	11-Mar	12-Mar Silver: 5:30-6:30pm HIGH SCHOOL: 1pm	13-Mar Silver: Twilight Meet 4-7pm	14-Mar Silver: 7-8:30am
15-Mar	16-Mar	17-Mar Silver: 4-5:30pm	18-Mar	19-Mar Silver: 4-5:30pm	20-Mar Silver: 4:30-6:30pm	21-Mar NNA Age Group Meet No Training
22-Mar NNA Age Group Meet	23-Mar	24-Mar Silver: 4-5:30pm	25-Mar	26-Mar Silver: 4-5:30pm	27-Mar Silver: 4:30-6:30pm	28-Mar Silver: 7-8:30am HIGH SCHOOL: 9am
29-Mar	30-Mar	31-Mar Silver: 4-5:30pm				



Tigersharks Training Schedule

GOLD Squad

MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-Mar	2-Mar Gold: 5-6:30pm	3-Mar Gold: 5-6:30pm	4-Mar Gold: 4:30-6:30pm	5-Mar Gold: 5-6:30pm	6-Mar Gold: 4:30-6:30pm	7-Mar Gold: 6:30-8:30am HIGH SCHOOL: 9am
8-Mar	9-Mar Gold: 5-6:30pm	10-Mar Gold: 5-6:30pm	11-Mar Gold: 4:30-6:30pm	12-Mar Gold: 5:30-6:30pm HIGH SCHOOL: 1pm	13-Mar Gold: Twilight Meet 4-7pm	14-Mar Gold: 6:30-8:30am
15-Mar	16-Mar Gold: 5-6:30pm	17-Mar Gold: 5-6:30pm	18-Mar Gold: 4:30-6:30pm	19-Mar Gold: 5-6:30pm	20-Mar Gold: 4:30-6:30pm	21-Mar NNA Age Group Meet No Training
22-Mar NNA Age Group Meet	23-Mar Gold: 5-6:30pm	24-Mar Gold: 5-6:30pm	25-Mar Gold: 4:30-6:30pm	26-Mar Gold: 5-6:30pm	27-Mar Gold: 4:30-6:30pm	28-Mar Gold: 6:30-8:30am HIGH SCHOOL: 9am
29-Mar	30-Mar Gold: 5-6:30pm	31-Mar Gold: 5-6:30pm				



Tigersharks Training Schedule

SENIOR Squad

MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-Mar	2-Mar SR I: 5:30-7am SR I & II: 3-4:30pm	3-Mar SR I & II: 3-5:00pm	4-Mar SR I: 2:30-4:30pm SR II: 3-4:30pm	5-Mar SR I & II: 3-5:00pm	6-Mar SR I & II: 5:30-7am	7-Mar SR I & II: 6:30-8:30am HIGH SCHOOL: 9am
8-Mar	9-Mar SR I: 5:30-7am SR I & II: 3-4:30pm	10-Mar SR I & II: 3-5:00pm	11-Mar SR I: 2:30-4:30pm SR II: 3-4:30pm	12-Mar SR I & II: No Training HIGH SCHOOL: 1pm	13-Mar SR I & II: 3-4:30pm	14-Mar SR I: 6:30-9:30am SR II: 6:30-8:30am
15-Mar	16-Mar SR I: 5:30-7am SR I & II: 3-4:30pm	17-Mar SR I & II: 3-5:00pm	18-Mar SR I: 2:30-4:30pm SR II: 3-4:30pm	19-Mar SR I & II: 3-5:00pm	20-Mar SR I & II: 5:30-7am	21-Mar NNA Age Group Meet No Training
22-Mar NNA Age Group Meet	23-Mar SR I: 5:30-7am SR I & II: 3-4:30pm	24-Mar SR I & II: 3-5:00pm	25-Mar SR I: 2:30-4:30pm SR II: 3-4:30pm	26-Mar SR I & II: 3-5:00pm	27-Mar SR I & II: 5:30-7am	28-Mar SR I & II: 6:30-8:30am HIGH SCHOOL: 9am
29-Mar	30-Mar SR I: 5:30-7am SR I & II: 3-4:30pm	31-Mar SR I & II: 3-5:00pm				



Tigersharks Training Schedule

MASTERS Squad

MARCH 2020

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