



Tigersharks Training Schedule

Scroll Through For Your Squad

ALL Squads

SEPTEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-Sep	2-Sep	3-Sep	4-Sep
	Bronze: 6:15-7:15pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Silver: 6:00-7:15pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:15-3pm	Bronze: 6:15-7:15pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Silver: 6:00-7:15pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:15-3pm	Bronze: 4:45-6:00pm Silver: 4:45-6:00pm Gold: 4:45-6:00pm SR I & II: 5:30-7:00AM	Silver: 7:00-8:00am Gold: 7:00-9:00am SR I & II: 7:00-9:00am SR I wts: 9:00-9:45am
5-Sep	6-Sep	7-Sep	8-Sep	9-Sep	10-Sep	11-Sep
	Bronze: 7:00-8:00am Silver: 7:00-8:00am Gold: 7:00-9:00am SR I & II: 7:00-9:00am LABOR DAY	Silver: 6:00-7:15pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:15-3pm	Bronze: 6:15-7:15pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Silver: 6:00-7:15pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:15-3pm	Bronze: 4:45-6:00pm Silver: 4:45-6:00pm Gold: 4:45-6:00pm SR I & II: 5:30-7:00AM	Silver: 7:00-8:00am Gold: 7:00-9:00am SR I & II: 7:00-9:00am SR I wts: 9:00-9:45am
12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep
	Bronze: 6:15-7:15pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Silver: 6:00-7:15pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:15-3pm	Bronze: 6:15-7:15pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Silver: 6:00-7:15pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:15-3pm	Autumn Freeze Swim Meet NO TRAINING	Autumn Freeze Swim Meet NO TRAINING
19-Sep	20-Sep	21-Sep	22-Sep	23-Sep	24-Sep	25-Sep
Autumn Freeze Swim Meet	Bronze: 6:15-7:15pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Silver: 6:00-7:15pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:15-3pm	Bronze: 6:15-7:15pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Silver: 6:00-7:15pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:15-3pm	Bronze: 4:45-6:00pm Silver: 4:45-6:00pm Gold: 4:45-6:00pm SR I & II: 5:30-7:00AM	Silver: 7:00-8:00am Gold: 7:00-9:00am SR I & II: 7:00-9:00am SR I wts: 9:00-9:45am
26-Sep	27-Sep	28-Sep	29-Sep	30-Sep	1-Oct	2-Oct
	Bronze: 6:15-7:15pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Silver: 6:00-7:15pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:15-3pm	Bronze: 6:15-7:15pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Silver: 6:00-7:15pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:15-3pm	SR I & II: 5:30-7:00AM Team Pictures and Registration 4:30-7:00pm NO TRAINING	Bronze: 7:00-8:00am Silver: 7:00-8:00am Gold: 7:00-9:00am SR I & II: 7:00-9:00am SR I wts: 9:00-9:45am



Tigersharks Training Schedule

BRONZE SQUAD

SEPTEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-Sep	2-Sep	3-Sep	4-Sep
	Bronze: 6:15-7:15pm		Bronze: 6:15-7:15pm		Bronze: 4:45-6:00pm	
5-Sep	6-Sep	7-Sep	8-Sep	9-Sep	10-Sep	11-Sep
	Bronze: 7:00-8:00am LABOR DAY		Bronze: 6:15-7:15pm		Bronze: 4:45-6:00pm	
12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep
	Bronze: 6:15-7:15pm		Bronze: 6:15-7:15pm		Autumn Freeze Swim Meet NO TRAINING	Autumn Freeze Swim Meet NO TRAINING
19-Sep	20-Sep	21-Sep	22-Sep	23-Sep	24-Sep	25-Sep
Autumn Freeze Swim Meet	Bronze: 6:15-7:15pm		Bronze: 6:15-7:15pm		Bronze: 4:45-6:00pm	
26-Sep	27-Sep	28-Sep	29-Sep	30-Sep	1-Oct	2-Oct
	Bronze: 6:15-7:15pm		Bronze: 6:15-7:15pm		Team Pictures and Registration 4:30-7:00pm NO TRAINING	Bronze: 7:00-8:00am



Tigersharks Training Schedule

SILVER SQUAD

SEPTEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-Sep	2-Sep	3-Sep	4-Sep
		Silver: 6:00-7:15pm		Silver: 6:00-7:15pm	Silver: 4:45-6:00pm	Silver: 7:00-8:00am
5-Sep	6-Sep	7-Sep	8-Sep	9-Sep	10-Sep	11-Sep
	Bronze: 7:00-8:00am Silver: 7:00-8:00am Gold: 7:00-9:00am SR I & II: 7:00-9:00am LABOR DAY	Silver: 6:00-7:15pm		Silver: 6:00-7:15pm	Silver: 4:45-6:00pm	Silver: 7:00-8:00am
12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep
		Silver: 6:00-7:15pm		Silver: 6:00-7:15pm	Autumn Freeze Swim Meet NO TRAINING	Autumn Freeze Swim Meet NO TRAINING
19-Sep	20-Sep	21-Sep	22-Sep	23-Sep	24-Sep	25-Sep
Autumn Freeze Swim Meet		Silver: 6:00-7:15pm		Silver: 6:00-7:15pm	Silver: 4:45-6:00pm	Silver: 7:00-8:00am
26-Sep	27-Sep	28-Sep	29-Sep	30-Sep	1-Oct	2-Oct
		Silver: 6:00-7:15pm		Silver: 6:00-7:15pm	Team Pictures and Registration 4:30-7:00pm NO TRAINING	Silver: 7:00-8:00am



Tigersharks Training Schedule

GOLD SQUAD

SEPTEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-Sep	2-Sep	3-Sep	4-Sep
	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 4:45-6:00pm	Gold: 7:00-9:00am
5-Sep	6-Sep	7-Sep	8-Sep	9-Sep	10-Sep	11-Sep
	Bronze: 7:00-8:00am Silver: 7:00-8:00am Gold: 7:00-9:00am SR I & II: 7:00-9:00am LABOR DAY	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 4:45-6:00pm	Gold: 7:00-9:00am
12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep
	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Autumn Freeze Swim Meet NO TRAINING	Autumn Freeze Swim Meet NO TRAINING
19-Sep	20-Sep	21-Sep	22-Sep	23-Sep	24-Sep	25-Sep
Autumn Freeze Swim Meet	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 4:45-6:00pm	Gold: 7:00-9:00am
26-Sep	27-Sep	28-Sep	29-Sep	30-Sep	1-Oct	2-Oct
	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Team Pictures and Registration 4:30-7:00pm NO TRAINING	Gold: 7:00-9:00am



Tigersharks Training Schedule

SENIOR SQUAD

SEPTEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-Sep	2-Sep	3-Sep	4-Sep
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-3pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-3pm	SR I & II: 5:30-7:00AM	SR I & II: 7:00-9:00am SR I wts: 9:00-9:45am
5-Sep	6-Sep	7-Sep	8-Sep	9-Sep	10-Sep	11-Sep
	Bronze: 7:00-8:00am Silver: 7:00-8:00am Gold: 7:00-9:00am SR I & II: 7:00-9:00am LABOR DAY	SR I & II: 3:00-4:30pm SR I wts: 2:15-3pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-3pm	SR I & II: 5:30-7:00AM	SR I & II: 7:00-9:00am SR I wts: 9:00-9:45am
12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-3pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-3pm	Autumn Freeze Swim Meet NO TRAINING	Autumn Freeze Swim Meet NO TRAINING
19-Sep	20-Sep	21-Sep	22-Sep	23-Sep	24-Sep	25-Sep
Autumn Freeze Swim Meet	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-3pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-3pm	SR I & II: 5:30-7:00AM	SR I & II: 7:00-9:00am SR I wts: 9:00-9:45am
26-Sep	27-Sep	28-Sep	29-Sep	30-Sep	1-Oct	2-Oct
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-3pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-3pm	SR I & II: 5:30-7:00AM & Team Pictures and Registration 4:30-7:00pm	SR I & II: 7:00-9:00am SR I wts: 9:00-9:45am



Tigersharks Training Schedule

MASTERS Squad

September 2021

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