



Tigersharks Training Schedule

ALL Squads APRIL 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1-Apr	2-Apr
					Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00AM	Silver: 7:00-8:00am Gold: 7:00-8:30am SR I & II: 7:00-8:30am
3-Apr	4-Apr	5-Apr	6-Apr	7-Apr	8-Apr	9-Apr
	Silver: 5:45-7:00pm Gold: 4:30-6:00pm SR I & II: 3:00-4:30pm	Bronze: 5:00-6:00pm OR 6:00-7:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:15-2:55pm	Silver: 4:30-6:00PM Gold: 4:30-6:00pm SR I & II: 3:00-4:30pm	Bronze: 5:00-6:00pm OR 6:00-7:00pm Gold: No Training SR I & II: No Training	Far Westerns NO TRAINING	Far Westerns NO TRAINING
10-Apr	11-Apr	12-Apr	13-Apr	14-Apr	15-Apr	16-Apr
Far Westerns	Silver: 5:45-7:00pm Gold: 4:30-6:00pm SR I & II: 3:00-4:30pm	Bronze: 5:00-6:00pm OR 6:00-7:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:15-2:55pm	Silver: 5:45-7:00pm Gold: 4:30-6:00pm SR I & II: 3:00-4:30pm	Bronze: 5:00-6:00pm OR 6:00-7:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:15-2:55pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00AM	Silver: 7:00-8:00am Gold: 7:00-8:30am SR I & II: 7:00-8:30am
17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr	23-Apr
	Silver: 5:45-7:00pm Gold: 4:30-6:00pm SR I & II: 3:00-4:30pm	Bronze: 5:00-6:00pm OR 6:00-7:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:15-2:55pm	Silver: 5:45-7:00pm Gold: 4:30-6:00pm SR I & II: 3:00-4:30pm	Bronze: 5:00-6:00pm OR 6:00-7:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:15-2:55pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00AM	Silver: 7:00-8:00am Gold: 7:00-8:30am SR I & II: 7:00-8:30am
24-Apr	25-Apr	26-Apr	27-Apr	28-Apr	29-Apr	30-Apr
	Silver: 5:45-7:00pm Gold: 4:30-6:00pm SR I & II: 3:00-4:30pm	Bronze: 5:00-6:00pm OR 6:00-7:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:15-2:55pm	Silver: 5:45-7:00pm Gold: 4:30-6:00pm SR I & II: 3:00-4:30pm	Bronze: 5:00-6:00pm OR 6:00-7:00pm Gold: No Training SR I & II: 5:30-7:00AM	NO TRAINING	NO TRAINING



Tigersharks Training Schedule

BRONZE SQUAD

APRIL 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1-Apr Bronze: 5:00-6:00pm	2-Apr
3-Apr	4-Apr	5-Apr Bronze: 5:00-6:00pm OR 6:00-7:00pm	6-Apr	7-Apr Bronze: 5:00-6:00pm OR 6:00-7:00pm	8-Apr Far Westerns NO TRAINING	9-Apr Far Westerns NO TRAINING
10-Apr Far Westerns	11-Apr	12-Apr Bronze: 5:00-6:00pm OR 6:00-7:00pm	13-Apr	14-Apr Bronze: 5:00-6:00pm OR 6:00-7:00pm	15-Apr Bronze: 5:00-6:00pm	16-Apr
17-Apr	18-Apr	19-Apr Bronze: 5:00-6:00pm OR 6:00-7:00pm	20-Apr	21-Apr Bronze: 5:00-6:00pm OR 6:00-7:00pm	22-Apr Bronze: 5:00-6:00pm	23-Apr
24-Apr	25-Apr	26-Apr Bronze: 5:00-6:00pm OR 6:00-7:00pm	27-Apr	28-Apr Bronze: 5:00-6:00pm OR 6:00-7:00pm	29-Apr NO TRAINING	30-Apr NO TRAINING



Tigersharks Training Schedule

SILVER SQUAD

APRIL 2022

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



Tigersharks Training Schedule

GOLD SQUAD

APRIL 2022

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



Tigersharks Training Schedule

SENIOR SQUAD

APRIL 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1-Apr	2-Apr
					SR I & II: 5:30-7:00AM	SR I & II: 7:00-8:30am
3-Apr	4-Apr	5-Apr	6-Apr	7-Apr	8-Apr	9-Apr
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-2:55pm	SR I & II: 3:00-4:30pm	Far Westerns NO TRAINING	Far Westerns NO TRAINING	Far Westerns NO TRAINING
10-Apr	11-Apr	12-Apr	13-Apr	14-Apr	15-Apr	16-Apr
Far Westerns	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-2:55pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-2:55pm	SR I & II: 5:30-7:00AM	SR I & II: 7:00-8:30am
17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr	23-Apr
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-2:55pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-2:55pm	SR I & II: 5:30-7:00AM	SR I & II: 7:00-8:30am
24-Apr	25-Apr	26-Apr	27-Apr	28-Apr	29-Apr	30-Apr
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-2:55pm	SR I & II: 3:00-4:30pm	SR I & II: 5:30-7:00AM	NO TRAINING	NO TRAINING



Tigersharks Training Schedule

MASTERS Squad

APRIL 2022

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