



Tigersharks Training Schedule

ALL Squads

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug
	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	<i>NO TRAINING</i> High Country Champs Swim Meet	<i>NO TRAINING</i> High Country Champs Swim Meet
7-Aug	8-Aug	9-Aug	10-Aug	11-Aug	12-Aug	13-Aug
High Country Champs Swim Meet	No Training - Annual Tigersharks Break					
14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug
No Training - Annual Tigersharks Break						
21-Aug	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug
No Training - Annual Tigersharks Break						
28-Aug	29-Aug	30-Aug	31-Aug	1-Sep	2-Sep	3-Sep
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am	Silver: 7:00-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am



Tigersharks Training Schedule

BRONZE SQUAD

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug
	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	NO TRAINING High Country Champs Swim Meet	NO TRAINING High Country Champs Swim Meet
7-Aug	8-Aug	9-Aug	10-Aug	11-Aug	12-Aug	13-Aug
High Country Champs Swim Meet	No Training - Annual Tigersharks Break					
14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug
No Training - Annual Tigersharks Break						
21-Aug	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug
No Training - Annual Tigersharks Break						
28-Aug	29-Aug	30-Aug	31-Aug	1-Sep	2-Sep	3-Sep
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am	Silver: 7:00-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am



Tigersharks Training Schedule

SILVER SQUAD

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug
	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	NO TRAINING High Country Champs Swim Meet	NO TRAINING High Country Champs Swim Meet
7-Aug	8-Aug	9-Aug	10-Aug	11-Aug	12-Aug	13-Aug
High Country Champs Swim Meet	No Training - Annual Tigersharks Break					
14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug
No Training - Annual Tigersharks Break						
21-Aug	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug
No Training - Annual Tigersharks Break						
28-Aug	29-Aug	30-Aug	31-Aug	1-Sep	2-Sep	3-Sep
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am	Silver: 7:00-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am



Tigersharks Training Schedule

GOLD SQUAD

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug
	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	<i>NO TRAINING</i> High Country Champs Swim Meet	<i>NO TRAINING</i> High Country Champs Swim Meet
7-Aug	8-Aug	9-Aug	10-Aug	11-Aug	12-Aug	13-Aug
High Country Champs Swim Meet	No Training - Annual Tigersharks Break					
14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug
No Training - Annual Tigersharks Break						
21-Aug	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug
No Training - Annual Tigersharks Break						
28-Aug	29-Aug	30-Aug	31-Aug	1-Sep	2-Sep	3-Sep
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am	Silver: 7:00-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am



Tigersharks Training Schedule

SENIOR SQUAD

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug
	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	NO TRAINING High Country Champs Swim Meet	NO TRAINING High Country Champs Swim Meet
7-Aug	8-Aug	9-Aug	10-Aug	11-Aug	12-Aug	13-Aug
High Country Champs Swim Meet	No Training - Annual Tigersharks Break					
14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug
No Training - Annual Tigersharks Break						
21-Aug	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug
No Training - Annual Tigersharks Break						
28-Aug	29-Aug	30-Aug	31-Aug	1-Sep	2-Sep	3-Sep
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am	Silver: 7:00-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am



Tigersharks Training Schedule

MASTERS Squad

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug
			5:45-7:00 AM		5:45-7:00 AM	5:30-7:00 AM Swim Meet
7-Aug	8-Aug	9-Aug	10-Aug	11-Aug	12-Aug	13-Aug
No Training - Annual Team Break						
14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug
No Training - Annual Team Break						
21-Aug	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug
No Training - Annual Team Break						
28-Aug	29-Aug	30-Aug	31-Aug	1-Sep	2-Sep	3-Sep
			5:45-7:00 AM		5:45-7:00 AM	6:00-7:30 AM