



## Tigersharks Training Schedule

*Scroll Through For Your Squad*

### ALL Squads

### SEPTEMBER 2022

| Sunday                  | Monday   | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday  |
|-------------------------|--|---|--|---|---|---|
| <b>28-Aug</b>           | <b>29-Aug</b>  | <b>30-Aug</b>   | <b>31-Aug</b>  | <b>1-Sep</b>  | <b>2-Sep</b>  | <b>3-Sep</b>  |
|                         | Silver: 5:00-6:00pm<br>Gold: 5:30-7:00pm<br>SR I & II: 3:00-4:30pm | Bronze: 5:30-6:30pm<br>Gold: 5:30-7:00pm<br>SR I & II: 3:00-4:30pm                          | Silver: 5:00-6:00pm<br>Gold: 5:30-7:00pm<br>SR I & II: 3:00-4:30pm | Bronze: 5:30-6:30pm<br>Gold: 5:30-7:00pm<br>SR I & II: 3:00-4:30pm                          | Bronze: 5:00-6:00pm<br>Silver: 5:30-7:00pm<br>Gold: 5:30-7:00pm<br>SR I & II: 5:30-7:00am | Silver: 7:00-8:30am<br>Gold: 7:00-8:30am<br>SR I & II: 7:00-8:30am                          |
| <b>4-Sep</b>            | <b>5-Sep</b>   | <b>6-Sep</b>  | <b>7-Sep</b>   | <b>8-Sep</b>  | <b>9-Sep</b>  | <b>10-Sep</b>   |
|                         | Labor Day<br><br>No Training                                       | Bronze: 5:30-6:30pm<br>Gold: 5:30-7:00pm<br>SR I & II: 3:00-4:30pm                          | Silver: 5:00-6:00pm<br>Gold: 5:30-7:00pm<br>SR I & II: 3:00-4:30pm | Bronze: 5:30-6:30pm<br>Gold: 5:30-7:00pm<br>SR I & II: 3:00-4:30pm                          | Bronze: 5:00-6:00pm<br>Silver: 5:30-7:00pm<br>Gold: 5:30-7:00pm<br>SR I & II: 5:30-7:00am | Silver: 7:00-8:30am<br>Gold: 7:00-8:30am<br>SR I & II: 7:00-8:30am                          |
| <b>11-Sep</b>           | <b>12-Sep</b>  | <b>13-Sep</b>   | <b>14-Sep</b>  | <b>15-Sep</b>   | <b>16-Sep</b>   | <b>17-Sep</b>   |
|                         | Silver: 5:00-6:00pm<br>Gold: 5:30-7:00pm<br>SR I & II: 3:00-4:30pm | Bronze: 5:30-6:30pm<br>Gold: 5:30-7:00pm<br>SR I & II: 3:00-4:30pm                          | Silver: 5:00-6:00pm<br>Gold: 5:30-7:00pm<br>SR I & II: 3:00-4:30pm | Bronze: 5:30-6:30pm<br>Gold: 5:30-7:00pm<br>SR I & II: 3:00-4:30pm                          | Autumn Freeze Swim Meet<br><br>No Training  | Autumn Freeze Swim Meet<br><br>No Training  |
| <b>18-Sep</b>           | <b>19-Sep</b>  | <b>20-Sep</b>   | <b>21-Sep</b>  | <b>22-Sep</b>   | <b>23-Sep</b>   | <b>24-Sep</b>   |
| Autumn Freeze Swim Meet | Silver: 5:00-6:00pm<br>Gold: 5:30-7:00pm<br>SR I & II: 3:00-4:30pm | Bronze: 5:30-6:30pm<br>Gold: 5:30-7:00pm<br>SR I & II: 3:00-4:30pm<br>SR I wts: 2:30-3:00pm | Silver: 5:00-6:00pm<br>Gold: 5:30-7:00pm<br>SR I & II: 3:00-4:30pm | Bronze: 5:30-6:30pm<br>Gold: 5:30-7:00pm<br>SR I & II: 3:00-4:30pm<br>SR I wts: 2:30-3:00pm | Bronze: 5:00-6:00pm<br>Silver: 5:30-7:00pm<br>Gold: 5:30-7:00pm<br>SR I & II: 5:30-7:00am | Silver: 7:00-8:30am<br>Gold: 7:00-8:30am<br>SR I & II: 7:00-8:30am<br>SR I wts: 8:45-9:30am |
| <b>25-Sep</b>           | <b>26-Sep</b>  | <b>27-Sep</b>   | <b>28-Sep</b>  | <b>29-Sep</b>   | <b>30-Sep</b>   | <b>1-Oct</b>  |
|                         | Silver: 5:00-6:00pm<br>Gold: 5:30-7:00pm<br>SR I & II: 3:00-4:30pm | Bronze: 5:30-6:30pm<br>Gold: 5:30-7:00pm<br>SR I & II: 3:00-4:30pm<br>SR I wts: 2:30-3:00pm | Silver: 5:00-6:00pm<br>Gold: 5:30-7:00pm<br>SR I & II: 3:00-4:30pm | Bronze: 5:30-6:30pm<br>Gold: 5:30-7:00pm<br>SR I & II: 3:00-4:30pm<br>SR I wts: 2:30-3:00pm | Bronze: 5:00-6:00pm<br>Silver: 5:30-7:00pm<br>Gold: 5:30-7:00pm<br>SR I & II: 5:30-7:00am | Silver: 7:00-8:30am<br>Gold: 7:00-8:30am<br>SR I & II: 7:00-8:30am<br>SR I wts: 8:45-9:30am |



# Tigersharks Training Schedule

## BRONZE SQUAD

### SEPTEMBER 2022

| Sunday                  | Monday                   | Tuesday             | Wednesday | Thursday            | Friday                                 | Saturday                               |
|-------------------------|--------------------------|---------------------|-----------|---------------------|--|--|
| 28-Aug                  | 29-Aug                   | 30-Aug              | 31-Aug    | 1-Sep               | 2-Sep                                  | 3-Sep                                  |
|                         |                          | Bronze: 5:30-6:30pm |           | Bronze: 5:30-6:30pm | Bronze: 5:00-6:00pm                    |  |
| 4-Sep                   | 5-Sep                    | 6-Sep               | 7-Sep     | 8-Sep               | 9-Sep                                  | 10-Sep                                 |
|                         | Labor Day<br>No Training | Bronze: 5:30-6:30pm |           | Bronze: 5:30-6:30pm | Bronze: 5:00-6:00pm                    |  |
| 11-Sep                  | 12-Sep                   | 13-Sep              | 14-Sep    | 15-Sep              | 16-Sep                                 | 17-Sep                                 |
|                         |                          | Bronze: 5:30-6:30pm |           | Bronze: 5:30-6:30pm | Autumn Freeze Swim Meet<br>No Training | Autumn Freeze Swim Meet<br>No Training |
| 18-Sep                  | 19-Sep                   | 20-Sep              | 21-Sep    | 22-Sep              | 23-Sep                                 | 24-Sep                                 |
| Autumn Freeze Swim Meet |                          | Bronze: 5:30-6:30pm |           | Bronze: 5:30-6:30pm | Bronze: 5:00-6:00pm                    |  |
| 25-Sep                  | 26-Sep                   | 27-Sep              | 28-Sep    | 29-Sep              | 30-Sep                                 | 1-Oct                                  |
|                         |                          | Bronze: 5:30-6:30pm |           | Bronze: 5:30-6:30pm | Bronze: 5:00-6:00pm                    |  |



# Tigersharks Training Schedule

## SILVER SQUAD

### SEPTEMBER 2022

| Sunday                  | Monday                   | Tuesday | Wednesday           | Thursday | Friday                                 | Saturday                               |
|-------------------------|--------------------------|---------|---------------------|----------|--|--|
| 28-Aug                  | 29-Aug                   | 30-Aug  | 31-Aug              | 1-Sep    | 2-Sep                                  | 3-Sep                                  |
|                         | Silver: 5:00-6:00pm      |         | Silver: 5:00-6:00pm |          | Silver: 5:30-7:00pm                    | Silver: 7:00-8:30am                    |
| 4-Sep                   | 5-Sep                    | 6-Sep   | 7-Sep               | 8-Sep    | 9-Sep                                  | 10-Sep                                 |
|                         | Labor Day<br>No Training |         | Silver: 5:00-6:00pm |          | Silver: 5:30-7:00pm                    | Silver: 7:00-8:30am                    |
| 11-Sep                  | 12-Sep                   | 13-Sep  | 14-Sep              | 15-Sep   | 16-Sep                                 | 17-Sep                                 |
|                         | Silver: 5:00-6:00pm      |         | Silver: 5:00-6:00pm |          | Autumn Freeze Swim Meet<br>No Training | Autumn Freeze Swim Meet<br>No Training |
| 18-Sep                  | 19-Sep                   | 20-Sep  | 21-Sep              | 22-Sep   | 23-Sep                                 | 24-Sep                                 |
| Autumn Freeze Swim Meet | Silver: 5:00-6:00pm      |         | Silver: 5:00-6:00pm |          | Silver: 5:30-7:00pm                    | Silver: 7:00-8:30am                    |
| 25-Sep                  | 26-Sep                   | 27-Sep  | 28-Sep              | 29-Sep   | 30-Sep                                 | 1-Oct                                  |
|                         | Silver: 5:00-6:00pm      |         | Silver: 5:00-6:00pm |          | Silver: 5:30-7:00pm                    | Silver: 7:00-8:30am                    |





# Tigersharks Training Schedule

## SENIOR SQUAD

### SEPTEMBER 2022

| Sunday                  | Monday                   | Tuesday   | Wednesday              | Thursday  | Friday                                 | Saturday  |
|-------------------------|--------------------------|---|------------------------|---|--|---|
| 28-Aug                  | 29-Aug                   | 30-Aug  | 31-Aug                 | 1-Sep   | 2-Sep                                  | 3-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                              | SR I & II: 5:30-7:00am                 | SR I & II: 7:00-8:30am                          |
| 4-Sep                   | 5-Sep                    | 6-Sep   | 7-Sep                  | 8-Sep   | 9-Sep                                  | 10-Sep  |
|                         | Labor Day<br>No Training | SR I & II: 3:00-4:30pm                              | SR I & II: 3:00-4:30pm | SR I & II: 3:00-4:30pm                              | SR I & II: 5:30-7:00am                 | SR I & II: 7:00-8:30am                          |
| 11-Sep                  | 12-Sep                   | 13-Sep  | 14-Sep                 | 15-Sep  | 16-Sep                                 | 17-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                              | Autumn Freeze Swim Meet<br>No Training | Autumn Freeze Swim Meet<br>No Training          |
| 18-Sep                  | 19-Sep                   | 20-Sep  | 21-Sep                 | 22-Sep  | 23-Sep                                 | 24-Sep  |
| Autumn Freeze Swim Meet | SR I & II: 3:00-4:30pm   | SR I - wts: 2:30 - 3:00pm<br>SR I & II: 3:00-4:30pm | SR I & II: 3:00-4:30pm | SR I - wts: 2:30 - 3:00pm<br>SR I & II: 3:00-4:30pm | SR I & II: 5:30-7:00am                 | SR I & II: 7:00-8:30am<br>SR I wts: 8:45-9:30am |
| 25-Sep                  | 26-Sep                   | 27-Sep  | 28-Sep                 | 29-Sep  | 30-Sep                                 | 1-Oct   |
|                         | SR I & II: 3:00-4:30pm   | SR I - wts: 2:30 - 3:00pm<br>SR I & II: 3:00-4:30pm | SR I & II: 3:00-4:30pm | SR I - wts: 2:30 - 3:00pm<br>SR I & II: 3:00-4:30pm | SR I & II: 5:30-7:00am                 | SR I & II: 7:00-8:30am<br>SR I wts: 8:45-9:30am |



# Tigersharks Training Schedule

## MASTERS Squad

### SEPTEMBER 2022

| Sunday | Monday                   | Tuesday | Wednesday      | Thursday | Friday         | Saturday       |
|--------|--------------------------|---------|----------------|----------|----------------|----------------|
| 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 |
| 4-Sep  | 5-Sep                    | 6-Sep   | 7-Sep          | 8-Sep    | 9-Sep          | 10-Sep         |
|        | Labor Day<br>No Training |         | 5:45 - 7:00 AM |          | 5:45 - 7:00 AM | 6:00 - 7:30 AM |
| 11-Sep | 12-Sep                   | 13-Sep  | 14-Sep         | 15-Sep   | 16-Sep         | 17-Sep         |
|        |                          |         | 5:45 - 7:00 AM |          | 5:45 - 7:00 AM | 5:30 - 7:00 AM |
| 18-Sep | 19-Sep                   | 20-Sep  | 21-Sep         | 22-Sep   | 23-Sep         | 24-Sep         |
|        |                          |         | 5:45 - 7:00 AM |          | 5:45 - 7:00 AM | 6:00 - 7:30 AM |
| 25-Sep | 26-Sep                   | 27-Sep  | 28-Sep         | 29-Sep   | 30-Sep         | 1-Oct          |
|        |                          |         | 5:45 - 7:00 AM |          | 5:45 - 7:00 AM | 6:00 - 7:30 AM |



## Tigersharks Training Schedule

### General Fall Training Schedule

**August 29 - November 17**

| Sunday | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  |
|--------|---|---|---|---|---|---|
|        | <b>Silver:</b> 5:00-6:00pm<br><b>Gold:</b> 5:30-7:00pm<br><b>SR I &amp; II:</b> 3:00-4:30pm | <b>Bronze:</b> 5:30-6:30pm<br><br><b>Gold:</b> 5:30-7:00pm<br><b>SR I &amp; II:</b> 3:00-4:30pm<br><b>SR I wts:</b> 2:30-3:00pm | <b>Silver:</b> 5:00-6:00pm<br><b>Gold:</b> 5:30-7:00pm<br><b>SR I &amp; II:</b> 3:00-4:30pm | <b>Bronze:</b> 5:30-6:30pm<br><br><b>Gold:</b> 5:30-7:00pm<br><b>SR I &amp; II:</b> 3:00-4:30pm<br><b>SR I wts:</b> 2:30-3:00pm | <b>Bronze:</b> 5:00-6:00pm<br><b>Silver:</b> 5:30-7:00pm<br><b>Gold:</b> 5:30-7:00pm<br><b>SR I &amp; II:</b> 5:30-7:00am | <b>Silver:</b> 7:00-8:30am<br><b>Gold:</b> 7:00-8:30am<br><b>SR I &amp; II:</b> 7:00-8:30am |