



2022-2023 TOSC Training Schedule

	Monday			Tuesday			Wednesday			Thursday			Friday		
	NTHS			NTHS			NTHS			NTHS			NTHS		
5:30 a.m.															
6:00 a.m.				Masters	Black Opt.	Red Opt.				Masters	Black Opt.	Red Opt.	Masters	Black Opt.	Red Opt.
6:30 a.m.															
7:00 a.m.															

	THS			THS			THS			THS			NTHS			
	Dive Tank	Lanes 1-2	Lanes 3-6	Dive Tank	Lanes 1-2	Lanes 3-6	Dive Tank	Lanes 1-2	Lanes 3-6	Dive Tank	Lanes 1-2	Lanes 3-6	Dive Tank	Lanes 1-2	Lanes 3-6	
5:00 p.m.																
5:15 p.m.	Bronze	Gold	Blue	Bronze	Green	Blue	Bronze	Gold	Blue	Bronze	Green	Blue		Green	Gold	Blue
5:30 p.m.																
5:35 p.m.																
5:45 p.m.	Silver			Silver			Silver			Silver						
5:50 p.m.																
6:00 p.m.		Yellow			Yellow			Yellow			Yellow			Yellow		
6:05 p.m.																
6:15 p.m.																
6:30 p.m.																
6:45 p.m.																
7:00 p.m.		Red			Red			Red			Red			Red		
7:15 p.m.																
7:30 p.m.			Black			Black			Black			Black			Black	
7:45 p.m.																
8:00 p.m.																
8:15 p.m.																
8:30 p.m.																

	Saturday	
	NTHS	
	All Lanes	
10:30 a.m.		
11:00 a.m.		
11:30 a.m.	Red	Black
12:00 p.m.		
12:00 p.m.		
1:00 p.m.		

The Olympian Spirit:

The Olympian spirit is best expressed in the Olympic Creed:

"The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well."

-Pierre de Coubertin