

NCAP Burke Summer Training Schedule 2021

June 14 - July 31



| Commons Pool LCM | Monday | Tuesday | Wednesday | Thursday | Friday | Sunday |
|------------------|----------|----------------|-----------|----------------|----------|--------------------------|
| | | | | | | |
| 4:50-6:30 AM | Senior 1 | Senior 2 /Prep | Senior 1 | Senior 2/ Prep | Senior 1 | |
| 6:30-8:30 AM | National | National | National | National | National | National -- 6:45-9:00 AM |
| 8:30-10:00 AM | AG 2 | AG 1&2 | AG 2 | AG 1&2 | | |

| Burke Pool Indoors | Monday | Tuesday | Wednesday | Thursday | Friday | Sunday |
|--------------------|---|---|---|---|---------------|----------------|
| | | | | | | Senior I&II |
| 5:00-7:00 AM | Prep | National Prep | Prep | National Prep | Prep | 6:00-9:00 AM |
| 7:00-9:00 AM | National Prep | | National Prep | | National Prep | Dryland & Swim |
| | | | | | | |
| 3:00-5:00 PM | Senior 2 | Senior I | Senior 2 | Senior 1 | Senior 2 | |
| 5:15-6:45 PM | Prep/AG who cannot make the mornings | Prep/AG who cannot make the mornings | Prep/AG who cannot make the mornings | Prep/AG who cannot make the mornings | | |

| Old Keene Mill | Monday | Tuesday | Wednesday | Thursday | Friday | Sunday |
|-----------------|--------|---------|-----------|----------|--------|------------------------------|
| 5:00 to 7:00 AM | | | | | | National Prep - 5:00-7:00 AM |