

Table 1

Squad	Monday, June 5th	Tuesday, June 6th	Wednesday, June 7th	Thursday, June 8th	Friday, June 9th	Saturday, June 10th
Senior	5:45-7:30AM O'Neal	6-8AM Sanford pool or 5:30-6:45 PM O'Neal Pool	6-8AM Sanford pool or 5:30-6:45 PM O'Neal Pool	6-8AM Sanford pool or 5:30-6:45 PM O'Neal Pool	NO PRACTICE- GCY MEET	NO PRACTICE- GCY MEET
Senior Elite	5:45-7:30AM O'Neal Pool 4:30-5:45 PM O'Neal Pool	6-8AM Sanford pool or 5:30-6:45 PM O'Neal Pool	6-8AM Sanford pool or 5:30-6:45 PM O'Neal Pool	6-8AM Sanford pool or 5:30-6:45 PM O'Neal Pool	NO PRACTICE- GCY MEET	NO PRACTICE- GCY MEET
Great White	OFF	6-8AM Sanford pool or 5:30-6:45 PM O'Neal Pool	6-8AM Sanford pool or 5:30-6:45 PM O'Neal Pool	6-8AM Sanford pool or 5:30-6:45 PM O'Neal Pool	NO PRACTICE- GCY MEET	NO PRACTICE- GCY MEET
Great White 2	5:30-6:45PM O'Neal Pool	6-8AM Sanford pool or 5:30-6:45 PM O'Neal Pool	6-8AM Sanford pool or 5:30-6:45 PM O'Neal Pool	6-8AM Sanford pool or 5:30-6:45 PM O'Neal Pool	NO PRACTICE- GCY MEET	NO PRACTICE- GCY MEET
Swordfish	5:30-6:45PM O'Neal Pool	Optional 6-8 AM Sanford Pool	5:30-6:45 PM O'Neal Pool	6-8AM Sanford pool or 5:30-6:45 PM O'Neal Pool	NO PRACTICE- GCY MEET	NO PRACTICE- GCY MEET
O'Neal HS Prep	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
Summer League	6:45-7:45 PM -8 and unders 7:45-8:45 PM - 9 and up	6:45-7:45 PM -8 and unders 7:45-8:45 PM - 9 and up	6:45-7:45 PM -8 and unders 7:45-8:45 PM - 9 and up	6:45-7:45 PM - 8 and unders 7:45-8:45 PM - 9 and up	No Practice	No Practice