

TIGERSHARKS

Squad Training Schedule (AS AT June 8th 2009)

(recently changed: Wednesday PM State Youth session. Thursday PM National session.)

The training schedule may be altered at any time due to unforeseen circumstances. The expansion into a new facility and lane space will need to be finely tuned once training at RACE has begun. The club will endeavour to give all families as much notice as possible when a schedule change occurs. Please be patient through this transitional process.

National Open & Age			Senior Competition A/B		
Monday AM	ARC	5:30-7:30	Monday AM	RACE	5:30-7:30
Monday PM	ARC	4:00-6:30	Tuesday AM	ARC	5:30-7:30
Tuesday AM	RACE	5:30-7:30	Tuesday PM	RACE	5:45-8:00 Dryland
Tuesday PM	RACE	4:15-7:00 Dryland/Gym	Wednesday AM	RACE	5:30-7:30
Wednesday PM	ARC	4:15-6:30	Thursday AM	ARC	5:30-7:30
Thursday AM	RACE	5:30-7:30	Thursday PM	RACE	6:00-8:00 Dryland
Thursday PM	RACE	4:15-7:00 Dryland	Friday PM	ARC	6:00-8:00
Friday AM	ARC	5:30-7:30	Saturday PM	RACE	4:30-7:00 Gym
Friday PM	RACE	4:15-6:45			
Saturday PM	ARC	4:30-7:30pm Gym			
State Youth			State Target		
Monday PM	ARC	6:00-8:00 Dryland	Monday AM	RACE	5:30-7:30
Tuesday PM	ARC	4:00-5:45	Tuesday PM	ARC	5:45-7:45 Dryland
Wednesday AM	RACE	5:30-7:30	Wednesday PM	ARC	6:30-8:00
Wednesday PM	RACE	5:00-7:00 Dryland/Gym	Thursday PM	ARC	6:00-7:30
Thursday PM	ARC	4:00-6:00	Friday AM	RACE	5:30-7:30
Friday PM	ARC	4:00-6:00 Stretch	Saturday AM	RACE	8:00-10:00 Dryland
Saturday AM	ARC	8:00-10:15 Stretch			
Saturday PM	RACE	4:30-6:15			
Development			Call Coach Ben directly with any questions on Mobile: 0413-513-969		
Monday PM	RACE	5:45-7:00			
Wednesday PM	RACE	4:00-5:00			
Friday PM	RACE	6:15-7:15			
Saturday AM	ARC	10:15-11:30			