

Sharks Swim Team Fall 2009 Winter Practice Schedule

PRE-TEAM
TUE/THU/FRI

4:30-5:30 PM

SILVER TEAM
TUE/THU/FRI

6:30-7:30 PM

WHITE TEAM
TUE-FRI

5:30-6:30 PM

BLACK TEAM
MON-THU
FRI
SAT.

5:00-6:30 PM
4:30-5:30 PM
8:30 – 10:00 AM

GOLD TEAM (M/W Kickbox, T/TR Dry-land)
MON-THU
FRI
SAT.

4:30-6:30 PM
4:30-5:30 PM
8:30 – 10:00 AM

JUNIOR (M-TR Dry-land)
MON-THU
FRI
SAT.

3:00 – 5:30 PM
3:00 – 4:30 PM
7:00 – 10:00 AM

SENIOR (M/W Lift, T/TR Dry-land)

MON-THU
FRI
SAT.
MON-WED

3:00 – 5:30 PM
3:00 – 4:30 PM
7:00 – 10:00 AM
5:00 – 6:30 AM (See Coach)

GOLD TEAM

MON-FRI 7:00-9:30 AM (9-9:30 DRY-LAND)
SAT. 7:00 – 9:00 AM

Daily schedule each week*

MON AM- AEROBIC FREE (Dry-land 9:00-9:30)
TUE AM- “TECHNIQUE TUESDAY”
WED AM- “WACKY WEDNESDAY” (Dry-land 9:00-9:30)
THU AM- “IM-SANITY”
FRI AM- “POWER DAY!” (Dry-land 8:45-9:30)
SAT AM- MEET PREP, TEST SETS, RACE SPECIFIC QUALITY

*Note: daily schedule is subject to change

JO's: July 16-19th @ FGCU Ft. Myers

Southern Zones: July 28th-August 2nd @ Orlando

Area 3/5 Championships: July 31st-August 2nd @ St. Pete

JUNIOR I & II

MON-FRI	7:00-9:30 AM
TUES & THUR	4:00 – 5:30 PM
SAT.	7:00 – 10:00 AM

Daily schedule each week*

MON AM-	AEROBIC FREE (Dry-land 8:45-9:30)
TUE AM-	“TECHNIQUE TUESDAY”
TUE PM-	TUBING, UNDERWATERS, STARTS, BREAKOUTS, ETC...
WED AM-	“WACKY WEDNESDAY” (Dry-land 9:00-9:30)
THU AM-	“IM-SANITY”
THU PM-	TUBING, UNDERWATERS, STARTS, BREAKOUTS, ETC...
FRI AM-	“POWER DAY!” (Dry-land 9:00-9:30)
SAT AM-	MEET PREP, TEST SETS, RACE SPECIFIC QUALITY

*Note: daily schedule is subject to change

JO's: July 16-19th @ FGCU Ft. Myers

Southern Zones: July 28th-August 2nd @ Orlando

Area 3/5 Championships: July 31st-August 2nd @ St. Pete

SENIOR I & II

MON-FRI	7:00-9:30 AM
MON/TUE/THU	4:00 – 5:30 PM
SAT.	7:00 – 10:00 AM

Daily schedule each week*

MON AM-	AEROBIC FREE (Lift 8:45-9:30)
MON PM -	“POWER DAY!”
TUE AM-	“TECHNIQUE TUESDAY”
TUE PM-	TUBING, UNDERWATERS, STARTS, BREAKOUTS, ETC...
WED AM-	“WACKY WEDNESDAY” (Lift 9-9:30)
THU AM-	“IM-SANITY”
THU PM-	TUBING, UNDERWATERS, STARTS, BREAKOUTS, ETC...
FRI AM-	“POWER DAY!” (Lift 7:00-8:00)
SAT AM-	MEET PREP, TEST SETS, RACE SPECIFIC QUALITY

*Note: daily schedule is subject to change