

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Team Coach Tyler Fox	1:00-3:00pm (Pool) 3:30-4:30pm (Dryland) 3 lanes in or out	1:00-3:00pm (Pool) 3:30-4:30pm (Dryland) 3 lanes in or out	1:00-3:00pm (Pool) 3:30-4:30pm (Dryland) 3 lanes in or out	1:00-3:00pm (Pool) 3:30-4:30pm (Dryland) 3 lanes in or out	3:15-5:15pm (pool) 5:30-6:30pm dryland) 5 lanes in or out	8:00-10:00am (Pool) 5 lanes Outdoor Lap Pool
Senior 1 & 2 Coach Tyler Fox	3:15-5:15pm (pool) 5:30-6:30pm dryland) 5 lanes in or out	3:15-5:15pm (pool) 5:30-6:30pm dryland) 5 lanes in or out	3:15-5:15pm (pool) 5:30-6:30pm dryland) 5 lanes in or out	3:15-5:15pm (pool) 5:30-6:30pm dryland) 5 lanes in or out	3:15-5:15pm (pool) 5:30-6:30pm dryland) 5 lanes in or out	8:00-10:00am (Pool) w/National 5 lanes Outdoor Lap Pool
Senior Mornings Coach Tyler Fox	5:00-6:30am (Pool) 3 lanes Indoor Lap Pool		5:00-6:30am (Pool) 3 lanes Indoor Lap Pool		5:00-6:30am (Pool) 3 lanes Indoor Lap Pool	
Gold Coach Tyler Fox	5:00-5:15pm (dryland) 5:15-6:45pm (pool) 5 lanes outdoor lap pool	5:00-5:15pm (dryland) 5:15-6:45pm (pool) 5 lanes outdoor lap pool	5:00-5:15pm (dryland) 5:15-6:45pm (pool) 5 lanes outdoor lap pool	5:00-5:15pm (dryland) 5:15-6:45pm (pool) 5 lanes outdoor lap pool	5:00-5:15pm (dryland) 5:15-6:45pm (pool) 5 lanes outdoor lap pool	9:30-11:00am (pool) 4 lanes Indoor Lap Pool
Silver Coach Tyler Fox	5:15-6:45pm (pool) 5 lanes Outdoor Lap Pool	5:15-6:45pm (pool) 5 lanes Outdoor Lap Pool	5:15-6:45pm (pool) 5 lanes Outdoor Lap Pool	5:15-6:45pm (pool) 5 lanes Outdoor Lap Pool	5:15-6:45pm (pool) 5 lanes Outdoor Lap Pool	9:30-11:00am (pool) 4 lanes Indoor Lap Pool
Bronze Coach Casey Morrissey	5:30-6:30pm 3 lanes / Indoor Lap Pool	5:30-6:30pm 3 lanes / Indoor Lap Pool	5:30-6:30pm 3 lanes / Indoor Lap Pool	5:30-6:30pm 3 lanes / Indoor Lap Pool	5:30-6:30pm 3 lanes / Indoor Lap Pool	11:00am-Noon 4 lanes Outdoor Lap Pool
Developmental Caoch Laura Clatterbuck Coach Casey Morrissey	4:15-5:15pm		4:15-5:15pm		4:15-5:15pm	11:00am-Noon w/Bronze
Assistant Coaches	Developmental	Bronze	SILVER	GOLD	SENIOR 1 & 2	NATIONAL
Hannah Hasty	Goggles	Goggles	Goggles	Goggles	Goggles	Goggles
Laura Clatterbuck	Cap	Cap	Cap	Cap	Cap	Cap
Erin Oliphant	Water Bottle	Water Bottle	Water Bottle	Water Bottle	Water Bottle	Water Bottle
Audrey Layman	Kickboard	Kickboard	Kickboard	Kickboard	Kickboard	Kickboard
Marshall Tanner	Fins	Fins	Fins	Fins	Powerfins	Powerfins
	Buoy	Snorkel	Snorkel	Snorkel	Snorkel	Snorkel
		Rubber Ducky	Rubber Ducky	Rubber Ducky	Rubber Ducky	Rubber Ducky
			Buoy	Buoy	Buoy	Buoy
				Paddles (12&O)	Paddles	Paddles
					8&12 in Drag Chute	8&12 in Drag Chute
					Drag Sox (size 30)	Drag Sox (size 30)
					Finis Ankle Strap	Finis Ankle Strap
					Nose Clip	Nose Clip