

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
National Team Coach Tyler Fox	1:00-3:00pm (swim) 3:15-4:15pm (gym)	1:00-3:00pm (swim) 3:15-4:15pm (gym)	1:00-3:00pm (swim) 3:15-4:15pm (gym)	1:00-3:00pm (swim) 3:15-4:15pm (gym)	3:00-5:00pm (swim)	6:00-8:00am @ ASU 8:00-9:30am @ LT	OFF
National & Senior AMs Coach Tyler Fox	5:00-6:30am (swim)				5:00-6:30am (swim)		OFF
Seniors Coach Tyler Fox	3:00-5:00pm (swim) 5:15-6:15pm (gym)	3:00-5:00pm (swim) 5:15-6:15pm (gym)	3:00-5:00pm (swim) 5:15-6:15pm (gym)	3:00-5:00pm (swim) 5:15-6:15pm (gym)	3:00-5:00pm (swim)	6:00-8:00am @ ASU 8:00-9:30am @ LT	OFF
Gold Coach Tyler Fox	4:30-5:00pm (gym) 5:00-6:15pm (swim)	4:30-5:00pm (gym) 5:00-6:15pm (swim)	4:30-5:00pm (gym) 5:00-6:15pm (swim)	4:30-5:00pm (gym) 5:00-6:15pm (swim)	4:30-5:00pm (gym) 5:00-6:15pm (swim)	9:30-10:00am (swim)	OFF
Silver Coach Tyler Fox	5:00-6:15pm (swim)	5:00-6:15pm (swim)	5:00-6:15pm (swim)	5:00-6:15pm (swim)	5:00-6:15pm (swim)	9:30-10:00am (swim)	OFF
Bronze Coach Casey Morrissey	5:15-6:15pm (swim)	5:15-6:15pm (swim)	5:15-6:15pm (swim)	5:15-6:15pm (swim)	5:15-6:15pm (swim)	11:00-Noon (swim)	OFF
Developmental Coach Casey Morrissey	4:15-5:15pm (swim)		4:15-5:15pm (swim)		4:15-5:15pm (swim)	11:00-Noon (swim)	OFF