

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Stroke Development	Off	5:45-6:45	Off	5:45-6:45	5:45-6:45	Off	
				DL: 6:45-7:15			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Age Group	5:45-7:15	Off	5:45-7:00	5:45-7:15	5:45-6:45	Off	
	DL: 6:45-7:15			DL: 6:45-7:15			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Age Group Performance	3:45-5:45	3:45-5:45	3:45-5:45	Off	3:45-5:45	8-10 AM	
	Drylands done twice a week individually through programming provided by coach.					DL: 10:00-11:00 AM	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Senior	5:45-7:00	5:45-7:00	5:45-7:00	Off	3:45-5:45	Available by athlete request	
	Drylands done twice a week individually through programming provided by coach.					And coach approval	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Senior Performance	3:45-5:45	3:45-5:45	3:45-5:45	3:45-5:45	3:45-5:45	8-10 AM	
	Drylands done twice a week individually through programming provided by coach.					DL: 10:00-11:00 AM	