

23-24 Fall Schedule HFFA/DAVIDSON

Senior 1	Location	AM	Location	PM	Location	Dry land
Monday			HFFA	3:30-5:30P		
Tuesday			HFFA	3:30-5:30P	Novant	6-7p
Wednesday	HFFA	5-6:30A	HFFA	3:30-5:30P		
Thursday			HFFA	3:30-5:30P	Novant	6-7p
Friday			HFFA	3:30-5:30p		
Saturday	HFFA	7-9:45A				
Sunday	HFFA	7-10A				
Senior 2	Location	AM	Location	PM	Location	Dry land
Monday	HFFA	5-6:30A	HFFA	3:30-5:30P		
Tuesday			HFFA	3:30-5:30P	Novant	6-7p
Wednesday			HFFA	3:30-5:30P		
Thursday	HFFA	5-6:30A	HFFA	3:30-5:30P	Novant	6-7p
Friday			HFFA	3:30-5:30P		
Saturday	HFFA	7-9A				
Senior 3	Location	AM	Location	PM	Location	Dry land
Monday			HFFA	3:30-5:15P	Novant	5:45-6:45p
Tuesday			HFFA	3:30-5:30P		
Wednesday			HFFA	3:30-5:15P	Novant	5:45-6:45p
Thursday			HFFA	3:30-5:30P		
Friday	HFFA	5-6:30A	HFFA	3:30-5P		
Saturday	HFFA	7-8:45a				
Shark 1	Location	AM	Location	PM	Location	Dry land
Monday			DAV	6:45-8:30P		
Tuesday			HFFA	6:15-8:15P	Novant	5-6p
Wednesday	HFFA	5-6:30A	DAV	6:45-8:30P		
Thursday			HFFA	6:15-8:15P	Novant	5-6p
Friday			HFFA	5:30-7:30P		
Saturday	HFFA	9-11A				
shark 2	Location	AM	Location	PM	Location	Dry land
Monday			HFFA	7-8:45P		
Tuesday			HFFA	5:30-7P	Novant	7:30-8:30p
Wednesday			HFFA	7-8:45P		
Thursday			HFFA	5:30-7P		
Friday			HFFA	5:30-7:30P		
Saturday	HFFA	8:45-10:45a				
shark 3	Location	AM	Location	PM	Location	Dry land
Monday			HFFA	5:30-7P	Novant	7:30-8:30p
Tuesday			HFFA	7-8:45P		
Wednesday			HFFA	5:30-7P		
Thursday			HFFA	7-8:45P		
Friday			HFFA	5-6:30P		
Saturday	HFFA	7:30-9A				
Dolphin 1	Location	AM	Location	PM	Location	Dry land
Monday			HFFA	5:30-7P		
Tuesday			HFFA	7:15-8:45P		
Wednesday			HFFA	5:30-7P	Novant	7:30-8:15p
Thursday			HFFA	7:15-8:45P		
Friday			HFFA	5:30-7:30P		
Saturday	HFFA	11-1P				
Dolphin 2	Location	AM	Location	PM	Location	Dry land
Monday			HFFA	7-8:30P		
Tuesday			HFFA	5:30-7P		
Wednesday			HFFA	7-8:30P		
Thursday						
Friday			HFFA	6:30-7:45P		
Saturday	HFFA	9:45-11:15A				
Dolphin 3	Location	AM	Location	PM	Location	Dry land
Monday			DAV	6:45-8:15P		
Tuesday						

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Wednesday				DAV	6:45-8:15P			
Thursday				HFFA	5:30-7P			
Friday				DAV	6:45-8P			
Saturday		HFFA	10:30-12P					
Marlin 1		Location	AM	Location	PM	Location	Dry land	
Monday				HFFA	5:15-6:45P			
Tuesday				DAV	6:45-8:15P			
Wednesday				HFFA	5:15-6:45P			
Thursday				DAV	6:45-8:15P			
Friday								
Saturday		HFFA	9-10:30A					
Marlin 2 HFFA		Location	AM	Location	PM	Location	Dry land	
Monday				HFFA	6:45-7:45P			
Tuesday								
Wednesday				HFFA	6:45-7:45P			
Thursday								
Friday				DAV	6:45-8P			
Saturday		HFFA	10:45-12P					
Marlin 2 Davidson		Location	AM	Location	PM	Location	Dry land	
Monday								
Tuesday				DAV	6:45-7:45P			
Wednesday								
Thursday				DAV	6:45-7:45P			
Friday				DAV	6:45-8P			
Saturday		HFFA	10:45-12P					
Marlin 3 HFFA		Location	AM	Location	PM	Location	Dry land	
Monday				HFFA	5:15-6P			
Tuesday								
Wednesday				HFFA	5:15-6P			
Thursday								
Friday								
Saturday		HFFA	12-1P					
Marlin 3 Davidson		Location	AM	Location	PM	Location	Dry land	
Monday								
Tuesday				DAV	6:45-7:30P			
Wednesday								
Thursday				DAV	6:45-7:30P			
Friday								
Saturday		HFFA	12-1P					
Masters		Location	AM	Location	PM	Location	Dry land	
Monday		HFFA	5:30-6:45A					
Tuesday		HFFA	5:30-6:45A	HFFA	12-1P			
Wednesday								
Thursday		HFFA	5:30-6:45A	HFFA	12-1P			
Friday		HFFA	5:30-6:45A					
Sunday		HFFA	10:15-11:30A					