

H.P. & Scarlet Team – 2011 Summer Training and Competition Schedule

Junior Region 7 Championships: Knoxville, TN

June 8th: Warm-up, 5-7 p.m.

June 9th: Warm-up, 9-11 a.m. and 3-5 p.m.

June 10-12th: Compete

June 13th-30th: Normal practices at home

Junior Zone D Championships: Moultrie, GA

July 3rd: Travel to Moultrie

July 4-6th: Morning and afternoon workouts (Time TBA)

July 7-10th: Compete

July 11-12th: Rest at home

Senior Zone Championships: Christiansburg, VA (H.P. Team Only)

July 13th: Travel and evening practice (Time TBA)

July 14th: Morning and afternoon warm-ups (Time TBA)

July 15-17th: Compete

July 18-20th: Rest at home

July 18-19th: **Divers not at Senior Zones** will Practice 9:30-11a.m. and 2-4pm in Oxford, OH (University of Miami)

July 21st: All divers, practice 9:30-11a.m. and 2-4pm in Oxford, OH (University of Miami)

Age Group and Junior National Championships: Knoxville, TN

July 25-28th: Train in Knoxville

July 29-August 6th: Age Group and Junior National Competition

Senior Nationals Championships: UCLA (CA)

August 9-14th: Various practices and competition

Gray Team – 2011 Summer Training and Competition Schedule

Region 3 Championships: Columbia, SC

June 16th: Leave for Columbia (Evening warm-up time TBA)

June 17th-19th: Compete

June 20-30th: Normal practices at home

July 1-4th: Off for the holiday!

Junior Zone B Championships: Ypsilanti, MI

July 5th: Leave for MI (evening warm up TBA)

July 6th: Morning and afternoon warm-ups TBA

July 7-10th: Competition

July 11-12th: Stay and train in Ypsilanti, MI (work out times TBA)

Senior Zone Championships: Christiansburg, VA

July 13th: Travel and evening practice (Time TBA)

July 14th: Morning and afternoon warm-ups (Time TBA)

July 15-17th: Compete

July 18-20th: Rest at home

July 18-19th: **Divers not at Senior Zones** will Practice 9:30-11a.m. and 2-4pm in Oxford, OH (University of Miami)

July 21st: All divers, practice 9:30-11a.m. and 2-4pm in Oxford, OH (University of Miami)

Age Group and Junior National Championships: Knoxville, TN

July 25-28th: Train in Knoxville

July 29-August 6th: Age Group and Junior National Competition

Senior Nationals Championships: UCLA (CA)

August 9-14th: Various practices and competition