

2019-20 OSDC COMPETITIVE TEAM SCHEDULE

TG 1

Monday

2 – 3:30 p.m.- Dryland @ JON

4 – 5:40 p.m.- Water @ MAP

5:40 – 5:55 p.m.- Stretching @ MAP

Tuesday

5:10 – 5:40 p.m.- Warm Up @ MAP

5:40 – 7:20 p.m.- Water @ MAP

7:30 – 8:30p.m.- Conditioning @ MAP

Wednesday

2 – 3:30 p.m.- Dryland @ JON

4 – 5:40 p.m.- Water @ MAP

5:40 – 5:55 p.m.- Stretching @ MAP

Thursday

5:10 – 5:40 p.m.- Warm Up @ MAP

5:40 – 7:20 p.m.- Water @ MAP

7:30 – 8:30p.m.- Conditioning @ MAP

Friday

2 – 3:30 p.m.- Dryland @ JON

4 – 6 p.m.- Water @ MAP

6 – 6:15 p.m.- Stretching @ MAP

Sunday

11:30a.m. – 12p.m.- Warm Up @ MAP

12 – 2 p.m.- Water @ MAP

2 – 3 p.m.- Conditioning @ MAP

TG 2

Monday

5:10 – 5:40 p.m.- Warm Up @ MAP

5:40 – 7:20 p.m.- Water @ MAP

7:20 – 7:35 p.m.- Stretching @ MAP

Tuesday

2 – 3:30 p.m.- Dryland @ JON

4 – 5:40 p.m.- Water @ MAP

6:15 – 7:15 p.m.- Conditioning @ MAP

Wednesday

5:10 – 5:40 p.m.- Warm Up @ MAP

5:40 – 7:20 p.m.- Water @ MAP

7:20 – 7:35 p.m.- Stretching @ MAP

Thursday

2 – 3:30 p.m.- Dryland @ JON

4 – 5:40 p.m.- Water @ MAP

6:15 – 7:15 p.m.- Conditioning @ MAP

Friday

2 – 3:30 p.m.- Dryland @ JON

4 – 6 p.m.- Water @ MAP

6 – 6:15 p.m.- Stretching @ MAP

Sunday

12:45 – 1:45 p.m.- Conditioning @ MAP

1:45 – 2 p.m.- Modeling @ MAP

2 – 4 p.m.- Water @ MAP

4 – 4:15 p.m.- Stretching @ MAP

Gray Team

Monday

3:30 – 5 p.m.- Dryland @ JON

5:30 – 7:20 p.m.- Water @ MAP

7:20 – 8:20 p.m.- Conditioning @ MAP

Tuesday

6:50 – 7:20 p.m. – Warm Up @ MAP

7:20 – 9 p.m.- Water @ MAP

Wednesday

3:30 – 5 p.m.- Dryland @ JON

5 – 6 p.m.- Conditioning @ JON

Thursday

3:30 – 4 p.m.- Warm Up @ MAP

4 – 5:40 p.m.- Water @ MAP

5:40 – 5:55 p.m.- Stretching @ MAP

Sunday

11:30 – 12 p.m.- Warm Up @ MAP

12 – 2 p.m. - Water @ MAP

2 – 3 p.m.- Conditioning @ MAP

Scarlet Team

Monday

6:20 – 7:20 p.m. – Conditioning @ MAP

7:20 – 9 p.m.- Water @ MAP

Tuesday

3:30 – 5 p.m.- Dryland @ JON

5:30 – 7:20 p.m.- Water @ MAP

7:20 – 7:35 p.m.- Stretching @ MAP

Wednesday

5 – 6:30 p.m.- Dryland @ JON

6:30 – 7:30 p.m.- Conditioning @ JON

Thursday

5:10 – 5:40 p.m.- Warm Up @ MAP

5:40 – 7:20 p.m.- Water @ MAP

7:20 – 7:35 p.m.- Stretching @ MAP

Sunday

12:45 – 1:45 p.m.- Conditioning @ MAP

1:45 – 2 p.m.- Modeling @ MAP

2 – 4 p.m.- Water @ MAP

4 – 4:15 p.m.- Stretching @ MAP

White Team 1

Monday

6:20 – 7:20 p.m.- Conditioning @ MAP

7:20 – 9 p.m.- Water @ MAP

Tuesday

6:15 – 8:15 p.m.- Warm Up/Modeling/Water @ MAP

Wednesday

6 – 6:30 p.m.- Conditioning @ JON

6:30 – 8 p.m.- Dryland @ JON

Thursday

6:15 – 8:15 p.m.- Warm Up/Modeling/Water @ MAP

Sunday

3 – 4 p.m.- Conditioning @ MAP

4 – 6 p.m.- Water @ MAP

White Team 2

Monday

6:30 – 8:15 p.m.- Water & Dryland/Conditioning @ MAP

Tuesday

6:15 – 8 p.m.- Water & Dryland/Conditioning @ MAP

Wednesday

6:30 – 8 p.m.- Dryland @ JON

Thursday

6:15 – 8p.m.- Water & Dryland/Conditioning @ MAP

Sunday

4 – 6 p.m.- Water @ MAP