

OSDC Competitive Team Summer Schedule May 26th – July 24th, 2020

TG1

Monday, Wednesday

7 a.m. – 9:00 a.m. @ MAP for Warm Up/Water

9:00 a.m. – 2:30 p.m. BREAK

2:30 p.m. – 4:30 p.m. @ MAP for Water

Tuesday, Thursday

11 a.m. – 12 p.m. @ JON for Dryland

12:30 p.m. – 3pm @ MAP for Warm Up/Water

3 p.m. – 4 p.m. @ MAP for Conditioning

Friday

12:30 p.m. – 3 p.m. @ MAP for Warm Up/Water

3 p.m. – 4 p.m. @MAP for Conditioning

TG2

Monday, Wednesday

11 a.m. – 12 p.m. @ JON for Dryland

12:30 p.m. – 3pm @ MAP for Warm Up/Water

3 p.m. – 4 p.m. @ MAP for Conditioning

Tuesday, Thursday

7 a.m. – 9:00 a.m. @ MAP for Warm Up/Water

9:00 a.m. – 2:30 p.m. BREAK

2:30 p.m. – 4:30 p.m. @ MAP for Water

Friday

2 p.m. – 3 p.m. @MAP for Conditioning

3 p.m. – 5 p.m. @MAP for Water

Gray

Monday, Wednesday

7 a.m. – 9 a.m. @ MAP for Warm Up/Water

11 a.m. – 12 p.m. @JON for Dryland

Tuesday, Thursday

12 p.m. – 1 p.m. @ JON for Dryland

2 p.m. – 3 p.m. @ MAP for Conditioning

3 p.m. – 5 p.m. @ MAP for Water

Friday

7 a.m. – 9 a.m. @ MAP for Warm Up/Water

9 a.m. – 10 a.m. @ MAP for Conditioning

Scarlet**Monday, Wednesday**

12 p.m. – 1 p.m. @ JON for Dryland

2 p.m. – 3 p.m. @ MAP for Conditioning

3 p.m. – 5 p.m. @ MAP for Water

Tuesday, Thursday

7 a.m. – 9 a.m. @ MAP for Warm Up/Water

11 a.m. – 12 p.m. @JON for Dryland

Friday

2 p.m. – 3 p.m. @MAP for Conditioning

3 p.m. – 5 p.m. @MAP for Water

White**Monday, Tuesday, Wednesday, Thursday**

12 p.m. – 1 p.m. @ JON for Dryland

1:30 p.m. – 3 p.m. @ MAP for Water

Friday

1 p.m. – 3 p.m. @MAP for Warm Up/Water

Pre-Team**Monday, Tuesday, Wednesday, Thursday**

7 a.m. – 9 a.m. @MAP for Warm Up/Water

Wednesday, Friday

11 a.m. – 12 p.m. @JON for Dryland