

OSDC Team Level Practice Adjustment Schedule through May 25th, 2020

Monday, March 9th:	TG1/2:	NO DRYLAND, 3:30pm warm up, 4-5:40pm water
	Gray:	3:30-5:40pm Water, 6-7pm Conditioning @MAP NO DRYLAND
	Scarlet:	5:10-7:20pm Water, 7:20-8:20pm Conditioning @MAP
	White 1&2:	6:15-8:15pm Water @MAP
Tuesday, March 10th:	TG1/2:	Divers not traveling to San Antonio, follow Gray Schedule
	Scarlet:	3:30-5:40pm Water @MAP
	Gray:	5:10-7:20pm Water @MAP
	White 1&2:	6:15-8:15pm – NO CHANGES
Wednesday, March 11th:	TG1/2:	Divers not traveling to San Antonio, follow Gray Schedule
	Gray:	3:30-5:40pm Water @MAP
	Scarlet:	5:10-7:20pm Water @MAP
	White 1&2:	6:15-8:15pm Water @MAP
Thursday, March 12th:	TG1/2:	Divers not traveling to San Antonio, follow Gray Schedule
	Gray/Scarlet/White:	NORMAL SCHEDULE
Friday, March 13th:	NO PRACTICE	
Sunday, March 15th:	TG1/2:	Combined with Scarlet/Gray
	Gray/Scarlet:	12-2pm Dryland @JON
		2-3pm Conditioning @JON
	White:	1-2pm Conditioning @JON (WHITE 1 ONLY)
		2-4pm Dryland @JON
	Pre-Team:	4-6pm Dryland @JON

Thursday, April 23rd:

Divers not attending regionals: 6:30-8:30pm @MAP

-This is for TG1/2, GRAY, SCARLET, WHITE TEAMS

Monday, April 27th:

Divers that compete at Regionals – NO PRACTICE

Divers that did not attend Regionals:

TG1/2: 2-3:30pm Dryland; 4-6pm Water

Scarlet/Gray/White: 6:30pm – 8:30pm

Sunday, May 17th:

ODL Meet @OSU – All divers participating

Friday, May 22nd:

NO PRACTICE – Memorial Day weekend

Monday, May 25th:

NO PRACTICE – Memorial Day

Tuesday, May 26th:

Start Summer Schedule