



Tigersharks Training Schedule

Scroll Through For Your Squad

ALL Squads

FEBRUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-Feb	2-Feb	3-Feb
				Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm SR I wts: 2:15-3:00pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am SR I & II: 3:00-4:30pm	Silver: 7:30-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I wts: 8:45-9:30am
4-Feb	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm SR I wts: 2:15-3:00pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm SR I wts: 2:15-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm SR I wts: 2:15-3:00pm	NO Training DDST Valentine's Swim Meet	NO Training DDST Valentine's Swim Meet
11-Feb	12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb
DDST Valentine's Swim Meet	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am CCS AGE CHAMPS	Silver: 7:30-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am CCS AGE CHAMPS
18-Feb	19-Feb	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb
CCS AGE CHAMPS	NO TRAINING President's Day CCS AGE CHAMPS	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am	Silver: 7:30-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am
25-Feb	26-Feb	27-Feb	28-Feb	29-Feb		
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm SR I wts: 2:15-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm SR I wts: 2:15-3:00pm		



Tigersharks Training Schedule

BRONZE SQUAD

FEBRUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-Feb	2-Feb	3-Feb
				Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
4-Feb	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	NO Training DDST Valentine's Swim Meet	NO Training DDST Valentine's Swim Meet
11-Feb	12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb
DDST Valentine's Swim Meet		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
					CCS AGE CHAMPS	CCS AGE CHAMPS
18-Feb	19-Feb	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb
	NO TRAINING President's Day CCS AGE CHAMPS	Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
CCS AGE CHAMPS						
25-Feb	26-Feb	27-Feb	28-Feb	29-Feb		
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm		



Tigersharks Training Schedule

SILVER SQUAD

FEBRUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-Feb	2-Feb	3-Feb
					Silver: 5:30-7:00pm	Silver: 7:30-8:30am
4-Feb	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		NO Training DDST Valentine's Swim Meet	NO Training DDST Valentine's Swim Meet
11-Feb	12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb
DDST Valentine's Swim Meet	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:30-8:30am
18-Feb	19-Feb	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb
CCS AGE CHAMPS	NO TRAINING President's Day CCS AGE CHAMPS		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:30-8:30am
25-Feb	26-Feb	27-Feb	28-Feb	29-Feb		
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm			



Tigersharks Training Schedule

GOLD SQUAD

FEBRUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-Feb	2-Feb	3-Feb
				Gold: 5:00-6:30pm	Gold: 5:30-7:00pm	Gold: 7:00-8:30am
4-Feb	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb
	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	NO Training DDST Valentine's Swim Meet	NO Training DDST Valentine's Swim Meet
11-Feb	12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb
DDST Valentine's Swim Meet	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	Gold: 5:30-7:00pm	Gold: 7:00-8:30am
18-Feb	19-Feb	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb
CCS AGE CHAMPS	NO TRAINING President's Day CCS AGE CHAMPS	Gold: 5:00-6:30pm	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	Gold: 5:30-7:00pm	Gold: 7:00-8:30am
25-Feb	26-Feb	27-Feb	28-Feb	29-Feb		
	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm		



Tigersharks Training Schedule

SENIOR SQUAD

FEBRUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-Feb	2-Feb	3-Feb
				SR I & II: 3:00-4:30pm SR I wts: 2:15-3:00pm	SR I & II: 5:30-7:00am SR I & II: 3:00-4:30pm	SR I & II: 7:00-8:30am SR I wts: 8:45-9:30am
4-Feb	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb
	SR I & II: 3:00-5:00pm SR I wts: 2:15-3:00pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-3:00pm	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-3:00pm	NO Training DDST Valentine's Swim Meet	NO Training DDST Valentine's Swim Meet
11-Feb	12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb
DDST Valentine's Swim Meet	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm	SR I & II: 5:30-7:00am CCS AGE CHAMPS	SR I & II: 7:00-8:30am CCS AGE CHAMPS
18-Feb	19-Feb	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb
CCS AGE CHAMPS	NO TRAINING President's Day CCS AGE CHAMPS	SR I & II: 3:00-4:30pm	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm	SR I & II: 5:30-7:00am	SR I & II: 7:00-8:30am
25-Feb	26-Feb	27-Feb	28-Feb	29-Feb		
	SR I & II: 3:00-5:00pm SR I wts: 2:15-3:00pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-3:00pm	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-3:00pm		



Tigersharks Training Schedule

MASTERS Squad

FEBRUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-Feb 5:45-7am	2-Feb 5:45-7am	3-Feb 6:00-7:30am LONG COURSE
4-Feb	5-Feb	6-Feb	7-Feb 5:45-7am	8-Feb	9-Feb	10-Feb 6:00-7:30am LONG COURSE
11-Feb	12-Feb	13-Feb	14-Feb 5:45-7am	15-Feb	16-Feb 5:45-7am	17-Feb 6:00-7:30am LONG COURSE
18-Feb	19-Feb	20-Feb	21-Feb 5:45-7am	22-Feb	23-Feb 5:45-7am	24-Feb 6:00-7:30am LONG COURSE
25-Feb	26-Feb	27-Feb	28-Feb 5:45-7am	29-Feb	1-Mar 5:45-7am	2-Mar 6:00-7:30am SHORT COURSE



Tigersharks Training

General Winter Training Schedule

Monday November 27 - Saturday March 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm SR I wts: 2:15-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm SR I wts: 2:15-3:00pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am SR I & II: 3:00-4:30pm	Silver: 7:30-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I wts: 8:45-9:30am