

# Saline Swim Team

## Week Ahead Aug 21- Sept 3

Please note the highlights, these are changes to the schedule outline.

\*\*\* All Training will take place at Saline High School unless otherwise indicated \*\*\*

\*\*\* Swimmers are to report to the pool 10 minutes before their scheduled time\*\*\*

L = Land practice, W = Water

**HFBG** = Home football game, on days where there is HFBG the rest of the building will be locked and we will use the entrance behind the diving boards NW corner of the building.

Mon 8/21	Tue 8/22	Wed 8/23	Thu 8/24	Fri 8/25	Sat 8/26	Sun 8/27
<b>Senior:</b> L: 4-5p W:5-7p	<b>Senior:</b> W: 5-7p	<b>Senior:</b> L: 4-5p W:5-7p	<b>Senior:</b> W: 5-7p	<b>Senior:</b> L: 7-8am W:8-10 am	<b>Senior:</b> W:8-10a	
<b>Platinum:</b> L: 5:30-6:30 W: 6:30-8p	<b>Platinum:</b> W: 6:30-8p	<b>Platinum:</b> L: 5:30-6:30 W: 6:30-8p	<b>Platinum:</b> W: 6-8p	<b>Platinum:</b> L: 7-8am W:8-10 am	<b>Platinum:</b> W: 8-10a	
<b>Steel:</b> W: 7-8p	<b>Steel:</b> W: 7-8p	<b>Steel:</b> W: 7-8p		<b>Steel:</b> W: 9-10 am	<b>Steel:</b> W: 8-9a	
<b>Gold:</b> W:5-6:30p	<b>Gold:</b> L: 4-5p W:5-6:30p	<b>Gold:</b> W:5-6:30p	<b>Gold:</b> L: 4-5p W: 5-6 p	<b>Gold:</b> L: 7-8am W:8-9 am	<b>Gold:</b> W: 9-10:30a	
<b>Silver:</b> W: 6:30-8 pm	<b>Silver:</b> L: 4-5 pm W:5-6 pm		<b>Silver:</b> L: 4-5 pm W:5-6 pm	<b>Silver:</b> W:10-11 am	<b>Silver:</b> W: 10:30-11:45a	
	<b>Bronze 2:</b> W:7-8p	<b>Bronze 2:</b> W:7:15-8p	<b>Bronze 2:</b> W:7-8p	<b>Bronze 2:</b> W:10-11 am	<b>Bronze 2:</b> W:10-11a	
	<b>Bronze 1:</b> W:6-7p	<b>Bronze 1:</b> W: 6:30 7:15p	<b>Bronze 1:</b> W: 6-7p	<b>Bronze 1:</b> W:10-11 am	<b>Bronze 1:</b> W: 10-11a	
Mon 8/28	Tue 8/29	Wed 8/30	Thu 8/31	Fri 9/1	Sat 9/2	Sun 9/3
<b>Senior:</b> L: 4-5p W:5-7p	<b>Senior:</b> W: 5-7p	<b>Senior:</b> L: 4-5p W:5-7p	<b>Senior:</b> W: 5-7p	<b>Senior:</b> W:8-10a	<b>No practice Holiday Weekend</b>	
<b>Platinum:</b> L: 5:30-6:30 W: 6:30-8p	<b>Platinum:</b> W: 6-7:30p	<b>Platinum:</b> L: 5:30-6:30 W: 6:30-8p	<b>Platinum:</b> W: 6-8p	<b>Platinum:</b> W: 8-10a		
<b>Steel:</b> W: 7-8p	<b>Steel:</b> W: 7-8p	<b>Steel:</b> W: 7-8p		<b>Steel:</b> W: 8-9a		
<b>Gold:</b> W:5-6:30p	<b>Gold:</b> L: 4-5p W:5-6p	<b>Gold:</b> W:5-6:30p	<b>Gold:</b> L: 4-5p W: 5-6 p	<b>Gold:</b> W: 9-10:30a		
<b>Silver:</b> W: 6:30-8 pm	<b>Silver:</b> L: 4-5 pm W:5-6 pm		<b>Silver:</b> L: 4-5 pm W:5-6 pm	<b>Silver:</b> W: 10:30-11:45a		
	<b>Bronze 2:</b> W:6:45-7:30p	<b>Bronze 2:</b> W:7:15-8p	<b>Bronze 2:</b> W:7-8p	<b>Bronze 2:</b> W:10-11a		
	<b>Bronze 1:</b> W:6-6:45p	<b>Bronze 1:</b> W: 6:30 7:15p	<b>Bronze 1:</b> W: 6-7p	<b>Bronze 1:</b> W: 10-11a		
<b>Mini-Ray 2:</b> W: 5:45-6:30p		<b>Mini-Ray 2:</b> W: 5:45-6:30p		<b>Mini-Ray 2:</b> W: 11-11:45a		
<b>Mini-Rays 1:</b> W: 5-5:45p		<b>Mini-Rays 1:</b> W: 5-5:45p		<b>Mini-Rays 1:</b> W: 11-11:45a		