

PRACTICE SCHEDULE DURING SCHOOL LC 2008

STARTS APRIL 14TH-ENDS JUNE 8TH

MONDAY

SR (BLACK)	Flex. 3:45	Water 4:00-6:00	D/L 6:00-6:30 running day
T-2	Flex. 4:00	Water 4:15-6:00	D/L 6:00-6:30 running day
T-1	Flex. 5:15	Water 6:00-7:30	
A-3	Flex. 5:15	Water 6:00-7:30	
SR (Red)	Flex. ----	Water 7:30-9:15	D/L 6:50-7:30 running day

TUESDAY

SR (BLACK/RED)	Flex. 3:45	Water 4:00-6:00	WTS 6:00-6:50
A-1	Flex. 5:15	Water 5:45-6:30	
A-2	Flex. 5:15	Water 5:45-7:15	
T-2	Flex. 6:30	Water 7:00-8:45	
T-1	Flex 5:30	Water 6:00-7:30	

WEDNESDAY

SR (RED)	Flex 3:45	Water 4:00-6:00	D/L 6:00-6:30 running day
T-2	Flex. 4:00	Water 4:15-6:00	D/L 6:00-6:30 running day
T-1	Flex. 5:15	Water 6:00-7:30	
A-3	Flex. 5:15	Water 6:00-7:30	
SR (BLACK)	Flex. ----	Water 7:30-9:15	D/L 6:50-7:30 running day

THURSDAY

SR (BLACK/RED)	Flex. 3:45	Water 4:00-6:00	WTS 6:00-6:50
A-1	Flex. 5:15	Water 5:45-6:30	
A-2	Flex. 5:15	Water 5:45-7:15	
T-2	Flex. 6:30	Water 7:00-8:45	

FRIDAY

SR (BLACK/RED) AM	Flex. 4:50am	Water 5:00-6:30 am	
T-2	Flex. 4:00	Water 4:15-6:00	D/L 6:00-6:30 running day
T-1	Flex. 4:00	Water 4:15-6:00	
A-3	Flex. 5:30	Water 6:00-7:30	
A-2	Flex. 5:30	Water 6:00-7:30	

SATURDAY

SR (BLACK/RED)	Flex. 6:40 am	Water 7:00-9:30 am	WTS 9:30-10:20 am
T-2	Flex. ----	Water 9:30-11:30 am	D/L 8:30-9:30 am
T-1	Flex. ----	Water 9:15-11:00 am	D/L 11:00-11:30 am
A-3	Flex. 10:30 am	Water 11:00-12:30 am	
A-2	Flex. 11:00 am	Water 11:30 am-1:00 pm	

GROUP DAILY SCHEDULE**Senior group**

Monday	SR (BLACK)	Flex. 3:45	Water 4:00-6:00	D/L 6:00-6:30	running day
Monday	SR (Red)	Flex. -----	Water 7:30-9:15	D/L 6:50-7:30	running day
Tuesday	SR (BLACK/RED)	Flex. 3:45	Water 4:00-6:00	WTS 6:00-6:50	
Wednesday	SR (Red)	Flex. 3:45	Water 4:00-6:00	D/L 6:00-6:30	running day
Wednesday	SR (Black)	Flex. -----	Water 7:30-9:15	D/L 6:50-7:30	running day
Thursday	SR (BLACK/RED)	Flex. 3:45	Water 4:00-6:00	WTS 6:00-6:50	
Friday	SR (BLACK/RED)	amFlex. 4:50am	Water 5:00-6:30 am	-----	
Saturday	SR (BLACK/RED)	Flex. 6:40 am	Water 7:00-9:30 am	WTS 9:30-10:20 am	

T-2 group

Monday	Flex. 4:00	Water 4:15-6:00	D/L 6:00-6:30	running day
Tuesday	Flex. 6:30	Water 7:00-8:45		
Wednesday	Flex. 4:00	Water 4:15-6:00	D/L 6:00-6:30	running day
Thursday	Flex. 6:30	Water 7:00-8:45		
Friday	Flex. 4:00	Water 4:15-6:00		
Saturday	Flex. -----	Water 9:30-11:30 am	D/L 8:30-9:30 am	

T-1 group

Monday	Flex. 5:15	Water 6:00-7:30	running day w/flex
Tuesday	Flex. 5:30	Water 6:00-7:30	
Wednesday	Flex. 5:15	Water 6:00-7:30	running day w/flex
Friday	Flex. 4:00	Water 4:15-6:00	
Saturday	Flex. -----	Water 9:15-11:00 am	D/L 11:00-11:30 am

A-3 group

Monday	Flex. 5:15	Water 6:00-7:30	running day w/flex
Wednesday	Flex. 5:15	Water 6:00-7:30	running day w/flex
Friday	Flex. 5:30	Water 6:00-7:30	
Saturday	Flex. 10:30 am	Water 11:00-12:30 am	

A-2 group

Tuesday	Flex. 5:15	Water 5:45-7:15
Thursday	Flex. 5:15	Water 5:45-7:15
Friday	Flex. 5:30	Water 6:00-7:30
Saturday	Flex. 11:00 am	Water 11:30 am-1:00 pm

A-1 group

Tuesday	Flex. 5:15	Water 5:45-6:30
Thursday	Flex. 5:15	Water 5:45-6:30

Saturday

Flex. 11:30 am

Water 12:00 pm-1:00 pm