

Sparks Piranhas – 2017 - 18 Short Course Practice Schedule

<u>White</u>	<u>Yellow</u>	<u>Yellow Advanced</u>	<u>Team Prep</u>
Wed 4:00 – 4:30 p.m. S (A)	Wed 4:30 – 5:00 p.m. S (A)	Wed 5:00 – 5:45 p.m. (A)	Wed 5:00 – 5:45 p.m. (A)
Thurs & Friday 4:00 – 4:30 p.m. S (FC)	Thurs & Friday 4:30 – 5:00 p.m. S (FC)	Thurs & Friday 5:00 – 6:00 p.m. (FC)	Thurs & Friday 5:00 – 6:00 p.m. (FC)
Sat 10:00 – 10:30 a.m. S (A)	Sat 10:30 – 11:00 a.m. S (A)	Sat 11:00 – 11:45 a.m. (A)	Sat 11:00 – 11:45 a.m. (A)

<u>Black</u>	<u>Bronze</u>	<u>Silver</u>
Mon & Tues 5:00 – 6:15 p.m. @	Mon & Wed 3:35 – 5:00 p.m. **	Mon & Tues 4:35 – 6:15 p.m. **
Wed 3:35 – 5:00 p.m. **	Tues 4:00 – 5:00 p.m. @	Wed 3:35 – 5:00 p.m. **
Thurs 5:00 – 6:15 p.m. @	Thurs 4:00 – 5:00 p.m. @	Thurs 5:00 – 6:15 p.m. @
Fri 4:00 – 5:00 p.m. (FC)	Fri no afternoon practice	Fri no afternoon practice
Saturday OFF	Saturday 11:00 a.m. – 12:00 p.m. (A)	Saturday 9:45 - 11:00 a.m. D / S (A)

<u>Gold</u>	<u>Senior</u>	
Mon 5:00 - 6:15 p.m. @ (w/varsity)	Mon 3:30 – 6:15 p.m. ** (5:00 - 6:15 w/varsity)	
Tues 3:30 – 6:15 p.m. **	Tues 3:30 – 5:00 p.m. **	
Wed 4:30 – 6:15 p.m. **	Wed 4:30 – 6:15 p.m. **	
Thurs 3:30 – 6:15 p.m. **	Thurs 4:00 – 6:15 p.m. @	Thurs (optional) 5:30 – 6:30 a.m. (BI) ^
Fri 3:30 – 4:30 (BI) ^	Fri 3:30 – 4:30 (BI) ^	
Saturday 9:45 a.m. – 12:00 p.m. **	Saturday 9:45 a.m. – 12:00 p.m. @ – WITH SENIOR & VARSITY	

Varsity (TUESDAY & THURSDAY CROSS-FIT BEGINS ON TUESDAY, AUGUST 22!)

Mon (NO a.m. practice) 3:30 – 6:15 p.m. ** (A)	Tues 5:30 – 6:30 a.m.^ (BI) 3:30 – 6:15 p.m. ** (A)	Wed (NO a.m. practice) 3:30 – 6:15 p.m. ** (A)	Thurs 5:30 – 6:30 a.m.^ (BI) 3:30 – 6:15 p.m. ** (A)	Fri NO a.m. practice 3:30 – 4:30 p.m.^ (BI)
Saturday 9:45 a.m. – 12:00 p.m. @ (A)				

Varsity + Schedule - ** BEGINS THE TUESDAY AFTER LABOR DAY: September 5, ends December 14

Mon (NO a.m. practice) 3:30 – 6:15 p.m. ** (A)	Tues 5:30 – 6:30 a.m.^ (BI) 7:00 – 9:00 a.m. @ (A) p.m. – mobility O.Y.O.***	Wed (NO a.m. practice) 3:30 – 6:15 p.m. ** (A)	Thurs 5:30 – 6:30 a.m.^ (BI) 7:00 – 9:00 a.m. @ (A)	Fri NO a.m. practice 3:30 – 4:30 p.m. ^ (BI)
Saturday 9:45 a.m. – 12:00 p.m. @ (A)				

^ = dryland only (cross-fit)	@ = swim only
# = swim, then dryland <i>after</i> swimming	** = dryland, then swim <i>after</i> dryland
(A) = Alf Sorensen (1400 Baring Blvd. / Sparks)	(FC) = Fitness Connection (255 Disc Drive / Sparks)
(BI) = Black Iron Cross-fit Gym (475 E. Greg Street #107 / Sparks)	
*** = Tues afternoon is your choice, but NOTHING DYNAMIC OR BALLISTIC! - Get approval from Coach Mike prior to committing to anything	