

Training Schedule + Coach Schedule

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National		5:30-7:00 am (2) mw Cent	5:30-7:15am(4) mw	5:30-7:00 am (3) mw Cent		6:00-8:00 am (4) mw
	4:15-5:45 pm(3) mw	4:30-6:30 pm (5) mw + Ivan	4:15-5:45pm (3) mw		4:30-6:30 pm (5) Mw + Ian/Ivan	
	5:45-6:45 dry mw		5:45-6:45 dry mw			8:00-9:00 dry mw
TAG		5:30-7:00 am (1) Ian Centennial			6:00-7:15am (4) Ian	6:00-8:00 am (4) Ian
	4:15-5:45pm (3) Ian + Ivan .75		4:15-5:45pm(3-2) Ian +Ivan	4:15-5:30pm (3-2) Ian		
				5:30-6:30 dry Ian		8:00-9:00 dry Ian
Gold						7:30-9:00am (2-3) Ivan
	6:30-7:30 pm(3) Ivan + Christine		5:30-6:45pm(1-5) Ivan +Christina	4:15-5:30pm(3-2) Ivan + MB		
				5:30-6:30 dry Ivan/ MB		
Silver						7:30-9:00am (2-3) Christina
	5:00-5:45 dry Ivan+ Christina					
	5:45-6:30pm (5-3) Ivan +Christina			5:15-6:30pm(2-5) Ivan + Christina		
Bronze						8:15-9:00(2+2) MB+ Chris M + TBC
	6:00-6:45 (a) (2) Gwen +Ian		6:00-6:45 dry Gwen + Ian			
	6:45-7:30 (b) (2) Gwen + Ian		6:45-7:30 (a-b)(4) Gwen+Ivan+Christina			