

CBS ISLANDERS

TENTATIVE FALL TRAINING SCHEDULE

Revised 8/6/10 *

IMPORTANT: The MIHS meet scheduled is posted on our website calendar. Edgewood's meet schedule will be posted as soon as we receive it from Coach Ahrens.

We may adjust this schedule as the high school training and competition season progress.

* Schedule has been adjusted to accommodate Edgewood practice schedule, which has just been received.

Level/Coach	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level 1 Advanced TBA	Level 1 on "hiatus" until Spring					
Level 2 Development Training Annie (thru 8/31) Coach TBA (9/1-on)	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:45-7:45pm Technique Practice with Major	
Level 2 Advanced Training TBA	6:15-6:30pm Dryland 6:30-8:00pm Swim	6:15-6:30pm Dryland 6:30-8:00pm Swim	6:15-6:30pm Dryland 6:30-8:00pm Swim	6:15-6:30pm Dryland 6:30-8:00pm Swim	6:45-8:15pm Technique Practice with Major	
Level 3 Major	6:15-6:30pm Dryland 6:30-8:00pm Swim	6:15-6:30pm Dryland 6:30-8:00pm Swim	6:15-6:30pm Dryland 6:30-8:00pm Swim	6:15-6:30pm Dryland 6:30-8:00pm Swim	6:45-8:15pm Technique Practice	8-10am
Level 3 Advanced Major	6:15-6:30pm Dryland 6:30-8:30pm Swim	6:15-6:30pm Dryland 6:30-8:30pm Swim	6:15-6:30pm Dryland 6:30-8:30pm Swim	6:15-6:30pm Dryland 6:30-8:30pm Swim	6:45-8:15pm Technique Practice	8-10:30am

Subject to Change