

# TBAY Central Practice Schedule

November 2011 to June 2012



## Mighty Bucs

| Monday                        | Tuesday | Wednesday                     | Thursday | Friday                        | Saturday                        | Sunday |
|-------------------------------|---------|-------------------------------|----------|-------------------------------|---------------------------------|--------|
| <u>WATER</u><br>5:00 - 5:45PM | OFF     | <u>WATER</u><br>5:00 - 5:45PM | OFF      | <u>WATER</u><br>5:00 - 5:45PM | <u>WATER</u><br>12:00 - 12:45PM | OFF    |

\*ALL PRACTICES ARE TO BE HELD AT TAMPA PREP

## Lil Bucs

| Monday  | Tuesday | Wednesday   | Thursday | Friday  | Saturday  | Sunday |
|---|---------|---|----------|---|---|--------|
| <u>WATER</u><br>3:45 - 5:00PM<br><br><i>*5 to 10 min of dryland</i> | OFF     | <u>WATER</u><br>3:45 - 5:00PM<br><br><i>*5 to 10 min of dryland</i> | OFF      | <u>WATER</u><br>3:45 - 5:00PM<br><br><i>*5 to 10 min of dryland</i> | <u>DRYLAND</u><br>11:00 - 11:30AM<br><br><u>WATER</u><br>11:30 - 1:00PM | OFF    |

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## Big Bucs

| Monday | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  | Sunday |
|--------|--|--|--|--|---|--------|
| OFF    | <u>DRYLAND</u><br>5:00 - 5:30PM<br><br><u>WATER</u><br>5:30 - 7:00PM | <u>DRYLAND</u><br>5:00 - 5:30PM<br><br><u>WATER</u><br>5:30 - 7:00PM | <u>DRYLAND</u><br>5:00 - 5:30PM<br><br><u>WATER</u><br>5:30 - 7:00PM | <u>DRYLAND</u><br>5:30 - 6:00PM<br><br><u>WATER</u><br>6:00 - 7:00PM | <u>DRYLAND</u><br>11:00 - 11:30AM<br><br><u>WATER</u><br>11:30 - 1:00PM | OFF    |

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## CHALLENGE GROUP

| Monday   | Tuesday                       | Wednesday | Thursday                      | Friday   | Saturday  | Sunday |
|--|-------------------------------|-----------|-------------------------------|--|---|--------|
| <u>DRYLAND</u><br>4:30 - 5:00PM<br><br><u>WATER</u><br>5:00 - 6:30PM | <u>WATER</u><br>4:00 - 5:30PM | OFF       | <u>WATER</u><br>4:00 - 5:30PM | <u>DRYLAND</u><br>4:30 - 5:00PM<br><br><u>WATER</u><br>5:00 - 6:00PM | <u>DRYLAND</u><br>9:00 - 9:30AM<br><br><u>WATER</u><br>9:30 - 11:00AM | OFF    |

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## HIGH PERFORMANCE

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY                       | SATURDAY  | SUNDAY |
|--|--|--|--|------------------------------|---|--------|
| <u>DRYLAND</u><br>4:00-5:00PM<br><br><u>WATER</u><br>5:00PM-7:00PM | <u>DRYLAND</u><br>4:00-5:00PM<br><br><u>WATER</u><br>5:00PM-7:00PM | <u>DRYLAND</u><br>4:00-5:00PM<br><br><u>WATER</u><br>5:00PM-7:00PM | <u>DRYLAND</u><br>4:00-5:00PM<br><br><u>WATER</u><br>5:00PM-7:00PM | <u>WATER</u><br>4:00- 6:15pm | <u>WATER</u><br>9:00 - 11:30AM<br><br><u>DRYLAND</u><br>11:30 - 12:00PM | OFF    |

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