



HS/FALL/WINTER/SPRING
August 2023 to June 2024

<i>Mighty Bucs (MB)</i>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>WATER</u> 5:30 - 6:30pm <i>*5 to 10 min of dryland</i>	OFF	<u>WATER</u> 5:30 - 6:30pm <i>*5 to 10 min of dryland</i>	OFF	<u>WATER</u> 5:30 - 6:30pm <i>*5 to 10 min of dryland</i>	<u>DRYLAND</u> 10:30 - 10:45AM <u>WATER</u> 10:45 - 12:00pm	OFF

<i>Lil Bucs (LB)</i>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>WATER</u> 4:00 - 5:15pm <i>*5 to 10 min of dryland</i>	OFF	<u>WATER</u> 4:00 - 5:15pm <i>*5 to 10 min of dryland</i>	OFF	<u>WATER</u> 4:00 - 5:15pm <i>*5 to 10 min of dryland</i>	<u>DRYLAND</u> 10:30 - 10:45AM <u>WATER</u> 10:45 - 12:00pm	OFF

<i>Age Group Performance 2 (AGP2)</i>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>DRYLAND</u> 5:30 - 6:15pm <u>WATER</u> 6:15 - 7:30pm	<u>DRYLAND</u> 5:30 - 6:15pm <u>WATER</u> 6:15 - 7:30pm	OFF	<u>DRYLAND</u> 5:30 - 6:15pm <u>WATER</u> 6:15 - 7:30pm	<u>DRYLAND</u> 5:30 - 6:15pm <u>WATER</u> 6:15 - 7:30pm	<u>DRYLAND</u> 10:30 - 10:45AM <u>WATER</u> 10:45 - 12:00pm	OFF

<i>Age Group Performance 1 (AGP1)</i>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>DRYLAND</u> 5:30 - 6:15pm <u>WATER</u> 6:15 - 7:30pm	<u>DRYLAND</u> 5:30 - 6:15pm <u>WATER</u> 6:15 - 7:30pm	OFF	<u>DRYLAND</u> 5:30 - 6:15pm <u>WATER</u> 6:15 - 7:30pm	<u>DRYLAND</u> 5:30 - 6:15pm <u>WATER</u> 6:15 - 7:30pm	<u>Dryland</u> 8:00 - 8:30am <u>Dryland</u> 8:30 to 10:30am	OFF

<i>High Performance (HP)</i>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>WATER</u> 4:00-6:00pm <u>DRYLAND</u> 6:00-7:00pm	<u>WATER</u> 4:00-6:00pm <u>DRYLAND</u> 6:00-7:00pm	<u>WATER</u> 4:00-6:00pm <u>DRYLAND</u> 6:00-7:00pm	<u>WATER</u> 4:00-6:00pm <u>DRYLAND</u> 6:00-7:00pm	<u>WATER</u> 4:00-6:15pm	<u>WATER</u> 8:00 - 10:00am <u>DRYLAND</u> 10:00 - 11:00am	OFF

****ALL PRACTICES ARE TO BE HELD AT TAMPA PREP****