

Group Scheduling 2009-2010

Groups	High Performance	National Develop	Jr. National	Elite	Central Region Development	Advanced	Junior A	Top A	Junior B	Top B
Monday	5:20-5:30am(dry) 5:30-7:30am	5:20-5:30am(dry) 5:30-7:30am	5:20-5:30am(dry) 5:30-7:30am	OFF	OFF	OFF	OFF	OFF	OFF	OFF
	3:20pm-3:30(dry)	3:20pm-3:30(dry)	3:20pm-3:30(dry)	4:20pm-4:30(dry)	3:20pm-3:30(dry)			5:20pm-5:30(dry)		5:20pm-5:30(dry)
	3:30pm-5:30(h2o)	3:30-5:30(h2o)	3:30pm-5:00(h2o)	4:30pm-6:00(h2o)	3:30-5:30(h2o)	5:00pm-5:30(dry)	5:00pm-6:30(h2o)	5:30pm-6:30(h2o)	6:00pm-6:30(Dry)	5:30pm-6:30(h2o)
	5:30pm-6:30(dry)	5:30-6:30(dry)	5:00pm-6:00(dry)	6:00pm-7:00(dry)	5:30-6:30(dry)	5:30pm-7:30(h2o)	6:30pm-7:00(dry)	6:30pm-7:00(dry)	6:30pm-7:30(h2o)	6:30pm-7:00(dry)
Tuesday	As per coach	5:20-5:30am(dry) 5:30am-7:30am	OFF	5:20-5:30am(dry) 5:30-7:30am	5:20-5:30am(dry) 5:30am-7:30am	5:20-5:30am(dry) 5:30-7:30am	OFF	OFF	OFF	OFF
	3:20pm-3:30(dry)	3:20pm-3:30(dry)	3:20pm-3:30(dry)					5:50pm-6:00(dry)	4:50pm-5:00(dry)	
	3:30pm-5:30(h2o)	3:30-5:00(h2o)	3:30pm-5:30(h2o)	5:00pm-5:30(dry)	OFF	OFF	5:30pm-6:00(dry)	6:00-7:30pm(H2o)	5:00pm-6:00(h2o)	OFF
	5:30pm-6:30(dry)	5:00-6:00(dry)	5:30pm-6:30(dry)	5:30pm-7:30(h2o)			6:00pm-7:30(h2o)		6:00pm-6:30(dry)	
Wednesday	5:20-5:30am(dry) 5:30-7:30am	OFF	5:20-5:30am(dry) 5:30-7:30am	OFF	OFF	OFF	OFF	OFF	OFF	OFF
	3:20pm-3:30(dry)	3:20pm-3:30(dry)	3:20pm-3:30(dry)		3:20pm-3:30(dry)		5:20pm-5:30(dry)	5:20pm-5:30(dry)		5:20pm-5:30(dry)
	3:30pm-5:30(h2o)	3:30-5:30(h2o)	3:30pm-5:00(h2o)	4:30pm-5:00(dry)	3:30-5:30(h2o)	5:00pm-6:30(h2o)	5:30pm-6:30(h2o)	5:30pm-6:30(h2o)	5:30pm-6:30(h2o)	5:20pm-5:30(dry)
	5:30pm-6:30(dry)	5:30-6:30(dry)	5:00pm-6:00(dry)	5:00pm-6:30(h2o)	5:30-6:30(dry)	6:30pm-7:00(dry)		6:30-7:00(dry)	6:30pm-7:00(dry)	5:30pm-6:30(h2o) 6:30pm-7:00(dry)
Thursday	OFF	5:20-5:30am(dry) 5:30-7:30am	OFF	5:20-5:30am(dry) 5:30-7:30am	5:20-5:30am(dry) 5:30-7:30am	OFF	OFF	OFF	OFF	OFF
	3:20pm-3:30(dry)	3:20pm-3:30(dry)	3:20pm-3:30(dry)						5:20pm-5:30(dry)	
	3:30pm-5:30(h2o)	3:30-5:30(h2o)	3:30pm-5:30(h2o)	5:00pm-5:30(dry)	OFF	6:00pm-6:30(dry)	5:00pm-5:30(dry)	6:00pm-6:30(dry)	5:30pm-6:30(h2o)	OFF
	5:30pm-6:30(dry)	5:30-6:30(dry)	5:30pm-6:30(dry)	5:30pm-7:30(h2o)		6:30pm-7:30(h2o)	5:30pm-6:30(h2o)	6:30pm-7:30(h2o)	6:30pm-7:00(dry)	
Friday	5:20-5:30am(dry) 5:30-7:30am	OFF	5:20-5:30am(dry) 5:30-7:30am	OFF	OFF	OFF	OFF	OFF	OFF	OFF
	3:20pm-3:30(dry)	3:20pm-3:30(dry)	3:20pm-3:30(dry)		3:20pm-3:30(dry)	4:50pm-5:00(dry)	5:00pm-5:30(dry)	4:50pm-5:00(dry)	4:50pm-5:00(dry)	
	3:30pm-5:30(h2o)	3:30-5:00(h2o)	3:30pm-5:00(h2o)	4:30pm-5:00(dry)	3:30-5:00(h2o)	5:00pm-6:00(h2o)	5:30pm-7:00(h2o)	5:00-6:30pm	5:00pm-6:30(h2o)	5:30pm-6:00(dry)
				5:00pm-6:30(h2o)		6:00pm-7:00(dry)			6:30pm-7:00dry	6:00pm-7:00(h2o)
Saturday	7:50am-8:00(dry) 8:00-10:30am	5:20-5:30am(dry) 5:30am-8:00(h2o) 8:00am-9:00(dry)	7:50am-8:00(dry) 8:00-10:30am	5:50-6:00am(dry) 6:00am-8:00(h2o) 8:00am-9:00(dry)	OFF	5:50-6:00am(dry) 6:00am-8:00(h2o) 8:00am-9:00(dry)	At Glenforest 5:50-6:00am(dry) 6:00am-8:00(h2o)	7:50am-8:00(dry) 8:00am-9:30(h2o) 9:30am-10:00(dry)	At Glenforest 6:30am-7:00(dry) 7:00am-8:00(h2o)	9:00am-9:30(dry) 9:30am-10:30(h2o)

AS PER COACH