



# TSM TRAINING SCHEDULE [AUG 21- DEC 16 2023]

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Sr Development (AM)</b>			SMSC (AM)		SMSC (AM)	SMSC (AM)
			6-7 (DL)		6-7 (DL)	9:45-10 (self care) 10-11 (swim)
<b>Sr Development (PM)</b>	SAMOHI (PM) 6:15-6:30 (self care) 6:30-8 (swim)	SAMOHI (PM) 6:15-6:30 (self care) 6:30-8 (swim)	SAMOHI (PM) 6:15-6:30 (self care) 6:30-8 (swim)	SAMOHI (PM) 6:15-6:30 (self care) 6:30-8 (swim)	SAMOHI (PM) 6:15-6:30 (self care) 6:30-8 (swim)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Sr Prep (AM)</b>	SMSC (AM)		SMSC (AM)		SMSC (AM)	SMSC (AM)
	6-7 (DL)		6-7 (DL)		5:15-5:30 (self care) 5:30-7:30 (swim)	6:15-6:30 (self care) 6:30-8:30 (swim)
<b>Sr Prep (PM)</b>	SMSC (PM) 3:45-4 (self-care) 4-5:45 (swim)	SMSC (PM) 3:45-4 (self-care) 4-5:45 (swim)	SMSC (PM) 3:45-4 (self-care) 4-5:45 (swim)	SMSC (PM) 3:45-4 (self-care) 4-5:45 (swim)	SAMOHI (PM) 4:45-5 (self-care) 5-7 (swim)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Sr Performance (AM)</b>	SMSC (AM)		SMSC (AM)		SMSC (AM)	SMSC (AM)
	6-7 (DL)		6-7 (DL)		5:15-5:30 (self care) 5:30-7:30 (swim)	6:15-6:30 (self care) 6:30-8:30 (swim)
<b>Sr Performance (PM)</b>	SAMOHI (PM) 5:45-6 (self-care) 6-8 (swim)	SAMOHI (PM) 5:45-6 (self-care) 6-8 (swim)	SAMOHI (PM) 5:45-6 (self-care) 6-8 (swim)	SAMOHI (PM) 5:45-6 (self-care) 6-8 (swim)	SAMOHI (PM) 4:45-5 (self-care) 5-7 (swim)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Nat Prep (AM)</b>		SMSC (AM)	SMSC (AM)	SMSC (AM)	SMSC (AM)	SMSC (AM)
		5:15-5:30 (self care) 5:30-7:30 (swim)	6-7 (DL)	5:15-5:30 (self care) 5:30-7:30 (swim)	6-7 (DL)	6-6:30 (self care) 6:30-9 (swim)
<b>Nat Prep (PM)</b>	SMSC (PM) 5:15-5:45 (self care) 5:45-8 (swim)	SMSC (PM) 5:15-5:45 (self care) 5:45-8 (swim)	SMSC (PM) 5:15-5:45 (self care) 5:45-8 (swim)	SMSC (PM) 5:15-5:45 (self care) 5:45-8 (swim)	SMSC (PM) 4:15-4:45 (self care) 4:45-7 (swim)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>National (AM)</b>	SMSC (AM)	SMSC (AM)	SMSC (AM)	SMSC (AM)	SMSC (AM)	SMSC (AM)
	5:15-5:30 (self care) 5:30-7:30 (swim)	5:15-5:30 (self care) 5:30-7:30 (swim)	6-7 (DL)	5:15-5:30 (self care) 5:30-7:30 (swim)	6-7 (DL)	6:15-6:30 (self care) 6:30-9 (swim)
<b>National (PM)</b>	SAMOHI (PM) 4:45-5 (self care) 5-7:30 (swim)	SAMOHI (PM) 4:45-5 (self care) 5-7:30 (swim)	SAMOHI (PM) 4:15-4:30 (self care) 4:30-7 (swim)	SAMOHI (PM) 5:15-5:30 (self care) 5:30-8 (swim)	SAMOHI (PM) 4:45-5 (self care) 5-7:30 (swim)	