

# TOPS Schedule -- April 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>12</b>	<b>13 First Day!</b> BRO 6-7pm WEST SIL 6:30-8pm WEST GOL 5:30-7 @ YMCA NAT 5:30-7 @ YMCA	<b>14</b> BRO 6-7pm Dryland @ YMCA SIL 5-6pm Dryland @ YMCA GOL OFF NAT 6-7am Dryland @ OPRF	<b>15</b> BRO 6-7pm EAST SIL 6:30-8pm EAST GOL 5:30-7 @ YMCA NAT 5:30-7 @ YMCA	<b>16</b> BRO 6-7pm EAST SIL 6:30-8pm EAST GOL 7-8pm @ EAST NAT 6-7am Dryland @ OPRF 7-8pm @ EAST	<b>17</b> BRO 6-7pm @ YMCA SIL 5-6:30pm @ YMCA GOL OFF NAT OFF	<b>18</b> BRO OFF SIL 9:30-11am WEST GOL 8-9:30am WEST NAT 8-9:30am WEST
<b>19</b>	<b>20</b> BRO 6-7pm WEST SIL 6:30-8pm WEST GOL 5-7 @ YMCA NAT 5-7 @ YMCA	<b>21</b> BRO OFF SIL OFF GOL OFF NAT 6-7am Dryland @ OPRF	<b>22</b> BRO 6-7pm EAST SIL 6:30-8pm EAST GOL 5-7 @ YMCA NAT 5-7 @ YMCA	<b>23</b> BRO 6-7pm Dryland @ YMCA SIL 5-6pm @ YMCA GOL 4-5:30pm WEST NAT 6-7am Dryland @ OPRF 4-5:30pm WEST	<b>24 Coaches Clinic</b> BRO OFF SIL OFF GOL OFF NAT OFF	<b>25 Coaches Clinic</b> BRO OFF SIL OFF GOL 8-9:30am @ WEST NAT 8-9:30am @ WEST
<b>26 Coaches Clinic</b>	<b>27</b> BRO 6-7pm Dryland @ YMCA SIL 5-6:30pm WEST GOL 4-6pm WEST NAT 4-6pm WEST	<b>28</b> BRO OFF SIL 6-7pm Classroom GOL OFF NAT 6-7am Dryland @ OPRF	<b>29</b> BRO 6-7pm EAST SIL 6:30-8pm EAST GOL 6:30-8pm EAST NAT 6:30-8pm EAST	<b>30</b> BRO OFF SIL 7:30-8:30pm EAST GOL OFF NAT 6-7am Dryland @ OPRF	<b>1</b> BRO 6-7 EAST SIL 6-7 EAST GOL 6:30-8pm EAST NAT 6:30-8pm EAST <b>**senior movie night**</b>	<b>2</b> BRO 12:30-2pm EAST SIL OFF GOL 12-2pm EAST NAT 12-2pm EAST

This schedule is for all of our Age Group and Senior squads for the month of April. As we begin the new season, the coaches like to ease into the training schedule as we progress towards full training mode in May. The schedule is a little wacky because we are sharing pools with the OPRF water polo teams and the synchronized swimming club. The normal spring schedule will be a little more consistent and look like the schedule below. The summer schedule will run from June 15-July 29. Additional workouts will be added for athletes in August that are attending Zones or Junior Nationals.

### SPRING SCHEDULE -- May 4 - June 12

<b>Bronze</b>	T-F 6-7:30pm, Saturday TBA
<b>Silver</b>	M-F: 6-8 pm, Saturday TBA
<b>High School</b>	M-Th: 6-8pm <b>**starts May 18**</b> .
<b>Gold</b>	M-F: 6-8pm, Saturday 8-10am
<b>National</b>	T & Th: 6-7 am dryland or swim @ OPRF
	M-F: 6-8pm, Saturday 8-10am

\*Senior squads may go 4-6pm if a pool becomes available

\*\*Evenings for all squads will begin at 5:30 when pools become available at that time near the end of May

### SUMMER SCHEDULE -- June 15-July 29

<b>Bronze</b>	M-W-F: 7:15-8:45am EAST, T-Th: 7:15-7:45am Ridgeland, Sat: TBA
<b>Silver</b>	M-W-F: 6:45-8:45am WEST; T-Th: 6:45-9:00am Ridgeland, Sat: TBA
<b>High School</b>	M-W-F: 6:45-9am Ridgeland; T-Th: 6:45-8:45am EAST
<b>Gold</b>	M-W-F: 6:45-9am Ridgeland; T-Th: 6:45-8:45am EAST, Sat: 8-10am
<b>National</b>	M-W-F: 6:45-9am Ridgeland; T-Th: 6:45-8:45am WEST, Sat: 8-10am
	M-T-Th: 4-5:30pm, location TBA