



Training Group Schedule						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Senior I</b>						
<b>Coaches:</b> Kevin Erndl Daryl Sullivan	5:15-6:30am 3:30-5:30pm	3:30-5:30pm	5:15-6:30am 3:30-5:30pm	3:30-5:30pm	5:15-6:30am 3:30-5:30pm	8:00-10:30am
<b>Senior II</b>						
<b>Coach:</b> Aaron Weiny	3:30-5:00pm		3:30-5:00pm		3:30-5:00pm	8:00-10:00am
<b>Gold I</b>						
<b>Coach:</b> Tom Keer	5:00-6:45pm	5:00-6:45pm		5:00-6:45pm	5:00-6:45pm	8:00-10:00am
<b>Gold II</b>						
<b>Coach:</b> Jennifer Weir	5:00-6:45pm	5:00-6:45pm		5:00-6:45pm	5:00-6:45pm	8:00-10:00am
<b>Silver</b>						
<b>Coach:</b> Amy Schwoerer	5:30-7:00pm	5:30-7:00pm		5:30-7:00pm	5:30-7:00pm	8:00-9:30am
<b>Bronze</b>						
<b>Coach:</b> Amy Schwoerer	4:30-5:30pm	4:30-5:30pm		4:30-5:30pm		9:30-10:30am
<b>Novice</b>						
<b>Coach:</b> Caroline Humphreville	4:30-5:30pm	4:30-5:30pm		4:30-5:30pm		
<b>Sharks</b>						
<b>Coach:</b> Caroline Humphreville		5:30-6:30pm	5:30-6:30pm	5:30-6:30pm		