

DCSC Training Schedule 2008-09

SQUAD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
NATIONAL AM	OFF	5:30 - 7:00 ☉	5:30 - 7:00 ●	5:30 - 7:00 ☉	OFF	6:00 - 8:00 ● 8:00 - 9:00 DL	16 hrs
PM	4:30 - 6:00 6:00 - 6:45 DL	4:30 - 6:30	OFF	4:30 - 6:30	4:15 - 5:45 5:45 - 6:30 DL	OFF	
JUNIOR AM	OFF	5:30 - 7:00 ☉	5:30 - 7:00 ●	5:30 - 7:00 ☉	OFF	6:00 - 8:00 ● 8:00 - 9:00 DL	14 hrs
PM	4:30 - 6:00 6:00 - 6:45 DL	4:30 - 6:30	OFF	OFF	4:15 - 5:45 5:45 - 6:30 DL	OFF	
TAG AM	OFF	5:30 - 7:00 ☉	OFF	OFF	OFF	6:00 - 8:00 ● 8:00 - 9:00 DL	9.75 hrs
PM	4:30 - 6:00	OFF	4:30 - 5:30 5:30 - 6:15 DL	4:30 - 5:30	5:30 - 6:30	OFF	
PLATINUM AM	OFF	OFF	OFF	5:30 - 7:00 ☉	OFF	6:30 - 8:00 ● 8:00 - 9:00 DL	7.5 hrs
PM	6:00 - 6:45	OFF	4:30 - 5:30 5:30 - 6:15 DL	OFF	5:30 - 6:30	OFF	
GOLD AM	OFF	OFF	OFF	OFF	OFF	7:30 - 9:00 ●	5 hrs
PM	5:15 - 6:00 DL 6:00 - 6:45	OFF	5:30 - 6:30	5:30 - 6:30	OFF	OFF	
SILVER AM	OFF	OFF	OFF	OFF	OFF	7:30 - 9:00 ●	5 hrs
PM	6:00 - 6:45 DL 6:45 - 7:30	OFF	5:30 - 6:30	5:30 - 6:30	OFF	OFF	
BRONZE AM	OFF	OFF	OFF	OFF	OFF	8:00 - 9:00 ●	3.5 hrs
PM	6:00 - 6:45 DL 6:45 - 7:30	OFF	6:30 - 7:30	OFF	OFF	OFF	
# PM Lanes	5- 4:30 - 7:30	5- 4:30 - 6:30	6- 4:30 - 7:00 4- 7:00 - 7:30	5- 4:30 - 6:30	5- 4:15 - 6:30		
# AM Lanes		3- LC Centennial	4 -SC Sportsplex	3- LC Centennial		8- SC Sportsplex	

☉ Tues & Thurs mornings at Centennial

● Wed & Sat mornings at Sportsplex

all afternoon/evenings at Sportsplex

DL= dryland