

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior 1	Off	5-6:30am (DRAC) 4:00-6:00pm Swim (WSU)	4:00-4:45 Dryland 4:50-6:50pm Swim (DRAC)	4:00-4:45 Dryland 4:50-6:50pm Swim (DRAC)	5-6:30am Swim (DRAC) 4:00-6:00pm Swim (WSU)	4:00-4:45 Dryland 4:50-6:20pm Swim (DRAC)	6:45-6:55 WUTS 7:00-9:30 AM 9:40-10:25 Dryland
Senior 2	12:00-12:45pm Dryland 1:00-2:30pm Swim (DRAC)	5-6:30am Swim (DRAC) 4:00-4:45 Dryland 4:50-6:50pm Swim (DRAC)	4:00-6:00pm Swim (WSU)	6:50-8:50pm Swim (DRAC)	3:50-5:20 pm Swim (DRAC) 5:30-6:15pm Dryland (DRAC)	OFF	6:45-6:55 WUTS 7:00-9:30 AM 9:40-10:25 Dryland
Juniors	OFF	6:00-6:40 Dryland 6:50-8:50 Swim(DRAC)	6:00-8:00pm Swim (WSU)	4:50-6:50 pm Swim (DRAC) 7:00-7:30 pm Dryland (DRAC)	5-6:30am (opt.) Swim (DRAC) 6:00-8:00pm Swim (WSU)	4:50-6:20pm Swim (DRAC)	8:45-9:20am Dryland 9:30-11:30am Swim (DRAC)
Red Sr	2:30-4:00pm (DRAC)	7:15-7:45 Dryland 7:50-8:50pm Swim(DRAC)	6:50-8:20pm Swim (DRAC)	OFF	OFF	6:20-8:00pm (DRAC)	9:30-11am 11:10-11:40 am Dryland (DRAC)
Bronze	9:30-9:50 am Dryland 10:00-12:00 pm Swim (DRAC)	6:00-7:30pm (WSU)	OFF	4:30-6:00pm (WSU)	5:00-5:20 pm Dryland 5:30-7:00 pm Swim (DRAC)	4:30-6:00pm (WSU)	10:25-10:45 am Dryland 11:00-12:30 pm Swim (DRAC)
Blue	OFF	5:20-6:50pm (DRAC)	4:50-6:20pm (DRAC)	6:00-7:30pm (WSU)	5:30-7:00pm (DRAC)	6:00-7:30pm (WSU)	OFF
Red Jr	OFF	6:50-7:50pm (DRAC)	6:00-6:15 pm Dryland 6:20-7:20 pm Swim (DRAC)	OFF	OFF	6:20-7:20 pm Swim (DRAC)	12:00-12:20 pm Dryland 12:30-1:30 pm Swim (DRAC)
White	12:00-1:00 PM (DRAC)	5:00-6:00pm (WSU)	OFF	6:00-7:00pm (WSU)	5:00-6:00pm (WSU)	6:00-7:00pm (WSU)	OFF
Raider Prep	OFF	OFF	6:40-7:40pm (DRAC)	OFF	6:40-7:40pm (DRAC)	OFF	12:30-1:30 PM (DRAC)
Homeschool		12:00-1:00pm (DRAC)		12:00-1:00pm (DRAC)	11:30 - 12:30pm (DRAC)		Practice with a Raider group per coach instructions