



LAKE ERIE SILVER DOLPHINS

HAWKEN SITE GENERAL SCHEDULE

Practice starts on August 24 - Mornings will begin September 14



DRYLAND All practices start with dryland that might take place in the pool, gyms, or outside. Please come prepared to participate.



MONTHLY CALENDARS Each month we provide a detailed schedule that includes any updates, possible changes, or cancellations. **Please be sure to review the posted monthly schedule carefully.**



SCHEDULES are subject to change throughout the season at the discretion of the coaching staff.

GROUP		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	HIGH PERFORMANCE	6:00-7:30 AM 3:45-6:00 PM	6:00-7:30 AM 3:45-6:00 PM	3:45-6:00 PM	6:00-7:30 AM 3:45-6:00 PM	3:45-6:00 PM	7:00-10:00 AM
	SENIORS	3:45-6:00 PM	6:00-7:30 AM 3:45-6:00 PM	3:45-6:00 PM	6:00-7:30 AM 3:45-6:00 PM	3:45-6:00 PM	7:00-10:00 AM
	HIGH SCHOOL PERFORMANCE	3:45-6:00 PM	3:45-6:00 PM	3:45-6:00 PM	3:45-6:00 PM	3:45-6:00 PM	7:00-10:00 AM
	AGE GROUP PERFORMANCE	5:30-7:30 PM	5:30-7:30 PM	5:30-7:30 PM	5:30-7:30 PM	5:30-7:30 PM	10:00-12:00 PM
	CHALLENGE 2	5:30-7:30 PM	5:30-7:30 PM	No C2 Practice	5:30-7:30 PM	5:30-7:30 PM	10:00-12:00 PM
	CHALLENGE 1	5:30-7:30 PM	5:30-7:30 PM	5:30-7:30 PM	5:30-7:30 PM	5:30-7:30 PM	10:00-12:00 PM
	DISCOVERY 2	5:45-7:15 PM	5:45-7:15 PM	5:45-7:15 PM	5:45-7:15 PM	No D2 Practice	10:30-11:45 AM
	DISCOVERY 1	5:45-7:00 PM	No D1 Practice	5:45-7:00 PM	5:45-7:00 PM	No D1 Practice	10:30-11:45 AM