

Assigned Weight Training Schedule		
Team	D1	D2
16 GO	Mondays - 7:00-8:00	Tuesdays - 6:30-7:30
15 GO	Mondays - 7:00-8:00	Tuesdays - 6:30-7:30
14 GO	Tuesdays - 5:30-6:30	Thursday - 7:15-8:15
14 National	Tuesdays - 5:30-6:30	Thursday - 7:15-8:15
13 GO	Tuesdays - 5:30-6:30	Thursday - 7:15-8:15
16 Elite	Mondays - 7:00-8:00	Tuesdays - 6:30-7:30
15 Elite	Mondays - 7:00-8:00	Tuesdays - 6:30-7:30
14 Elite	Tuesdays - 7:30-8:30	Thursday - 6:16-7:15
13 Elite	Tuesdays - 7:30-8:30	Thursday - 7:00-8:00
12 GO	Tuesdays - 7:30-8:30	Thursday - 7:00-8:00
ALL other athletes will be able to schedule their training sessions independently based on their schedule		