

STINGRAYS

MAY FUTURES + NATIONAL (CCAC + MVAC) SCHEDULE

Monday 29	Tuesday 30	Wednesday 1	Thursday 2	Friday 3	Saturday 4	Sunday 5	
	5:20-6:45 AM MVAC		5:20-6:45 AM MVAC		DYNAMO - LC 7:00-9:30 AM		
4:15-6:30 PM Dryland + Swim	4:15-6:30 PM Dryland + Swim	4:15-6:30 PM Dryland + Swim	4:15-6:30 PM Dryland + Swim	4:15-6:15 PM	NON DYNAMO 6:45-9:30 AM (swim + dryland)		
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11		Sunday 12
	5:20-6:45 AM MVAC		5:20-6:45 AM MVAC	DYNAMO	DYNAMO		DYNAMO
4:15-6:30 PM Dryland + Swim	4:15-6:30 PM Dryland + Swim	4:15-6:30 PM Dryland + Swim	4:15-6:30 PM Dryland + Swim	NON Meet 4:15-6:15 PM	NON Meet 6:45-9:45 AM (swim + dryland)	NON Meet OFF	
Happy B-Day Coach Ian	Happy B-Day EVO						
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18	Sunday 19	
	OFF		OFF	ATLANTA CLASSIC NON Meet 4:15-6:15 PM	ATLANTA CLASSIC NON Meet 6:45-9:45 AM (swim + dryland)	ATLANTA CLASSIC NON Meet OFF	
4:15-6:30 PM Dryland + Swim	4:15-6:30 PM Dryland + Swim	4:15-6:30 PM Dryland + Swim	4:15-6:30 PM Dryland + Swim		Happy B-Day CHASE		
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25	Sunday 26	
	5:20-6:45 AM MVAC		5:20-6:45 AM MVAC		6:45-9:45 AM (swim + dryland)	OFF	
4:15-6:30 PM Dryland + Swim	4:15-6:30 PM Dryland + Swim	4:15-6:30 PM Dryland + Swim	4:15-6:30 PM Dryland + Swim	4:15-6:15 PM			
	Happy B-Day SARAH		Happy B-Day CODY				

Notes: Workouts are at CCAC unless noted otherwise; Weekday Dryland will be done each day before swim

Head Coach - Ian Goss

coachian@stingraysswimming.com

770-310-1312