

STINGRAYS

JULY FUTURES + NATIONAL (CCAC + CAC) SCHEDULE

Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29	Sunday 30
CCAC	MVAC	CCAC	MVAC	MVAC	MVAC	MVAC
5:45-8:00 AM	5:45-8:00 AM	5:45-8:00 AM	5:45-8:00 AM	Stu Hixon	Stu Hixon	Stu Hixon
	MVAC		OFF			
	2:15-5:00 PM					
	Dryland + Swim					
	YOGA 4:30 pm		SENIOR Banquet 6:30 pm			
Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6	Sunday 7
CAC	CCAC	CAC	CCAC	CAC	CCAC	
	5:45-8:00 AM	6:30-9:00 am	5:45-8:00 AM	6:30-9:00 am	7:45-10:00 AM	
		Dryland + Swim		Dryland + Swim		OFF
2:30-4:30 PM	CCAC					
Dryland + Swim	2:45-5:00 PM					
	YOGA 4:30 pm		Happy B-Day USA			
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13	Sunday 14
CAC	CCAC	CAC	CCAC	CAC	CCAC	
6:30-9:00 am	5:45-8:00 AM	6:30-9:00 am	5:45-8:00 AM	6:30-9:00 am	7:45-10:00 AM	
Dryland + Swim		Dryland + Swim		Dryland + Swim		OFF
CAC			CCAC			
2:45-5:00 PM			2:45-5:00 PM			
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Sunday 21
CAC	CCAC	CAC	CCAC	CAC	CCAC	
6:30-9:00 am	5:45-8:00 AM	6:30-9:00 am	5:45-8:00 AM	6:30-9:00 am	7:45-10:00 AM	
Dryland + Swim		Dryland + Swim		Dryland + Swim		OFF
CAC			CCAC			
2:45-5:00 PM			2:45-5:00 PM			
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27	Sunday 28
CAC	CCAC	NCSA	NCSA	STATE + NCSA	STATE + NCSA	STATE + NCSA
6:30-9:00 am	5:45-8:00 AM	CAC	CCAC			
Dryland + Swim		6:30-9:00 am	5:45-8:00 AM			
Happy B-Day ROBBY						



The first day back will be Monday, August 12th at CAC 4 - 6 pm Mon-Thu until Labor Day

Head Coach - Ian Goss
coachian@stingraysswimming.com
 770-310-1312