



2018 - 2019 NCAP @ Georgetown Prep Training Program

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
Gold 1	3:30-6:00 pm	5:00 - 6:30 am 3:30 - 5:30 pm	5:30-6:30 am Dryland @ HB* 3:30-6:00 pm	5:00 - 6:30 am 5:30-7:30 pm	3:30-5:30 pm**	6:30-8:30 am 9:30-10:30 am dryland @ HB*	OFF
Gold 2	5:00 - 7:00 am 3:45-4:45 pm dryland @ HB*	3:30-5:30 pm	5:00 - 7:00 am	5:30-7:30 pm	3:30-5:30 pm**	6:30-8:30 am 10:00-11:00 am dryland @ HB*	OFF
Gold 3	5:00 - 7:00 am	OFF	5:00 - 7:00 am	3:45-4:45 pm Dryland @ HB*	3:30-5:30 pm**	6:30-8:30 am 10:00-11:00 am dryland @ HB*	6:00-7:30 pm @ AU
Silver 1	3:30 - 5:15 pm	4:00-5:00 pm dryland @ HB 5:30 - 7:30 pm	3:30 - 5:15 pm	3:30 - 5:30 pm	5:00 - 7:00 am w/dryland	8:30 - 10:30 am	OFF
Silver 2	5:15 - 6:30 pm	5:30 - 6:30 am dryland 5:30 - 7:30 pm	5:15 - 6:30 pm	3:30 - 5:30 pm	5:00 - 7:00 am w/dryland	OFF	4:30-6:30 pm
Bronze 1	Off	6:15 - 7:30 am	OFF	6:15 - 7:30 am	6:00 - 7:30 am or 5:30-7:00 pm	8:30 - 10:00 am	OFF
Bronze 2	6:30 - 7: 30 pm	OFF	6:30 - 7:30 pm	OFF	6:00 - 7:30 am or 5:30-7:00 pm	8:30 - 10:00 am	OFF

All practices at Georgetown Prep unless listed otherwise

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* Gold HB dryland schedule subject to change during high school season

** Fri pm schedule may need to change during high school season depending upon G'Prep HS training/diving schedule