

2019 - 2020 NCAP @ Georgetown Prep Training Program

All practices at Georgetown Prep unless listed otherwise
SUBJECT TO CHANGE

	<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 3:30-5:30 pm	3:30-5:30 pm	6:30-8:30 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 + dryland @ HB	OFF
Gold 3	5:00 -7:00 am	5:00 - 6:00 pm dryland @ HB	5:00 -7:00 am	5:30 - 7:30 pm	3:30-5:30 pm	6:30-8:30 am + dryland @ HB	OFF
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	OFF	5:00 - 7:00 am w/dryland	8:30 - 10:30 am	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	OFF	4:30 - 6:00 pm
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	OFF	4:30 - 6:00 pm
Bronze 3	6:30 -7: 30 pm	OFF	6:30 - 7:30 pm	OFF	5:30-6:30 pm	OFF	OFF