



2024 Summer Schedule

June 3 to July 26

* schedule is subject to change*

Mighty Bucs (MB)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|------------|---|------------|---|--|------------|
| WATER 5:30 - 6:30pm <i>*5 to 10 min of dryland</i> | OFF | WATER 5:30 - 6:30pm <i>*5 to 10 min of dryland</i> | OFF | WATER 5:30 - 6:30pm <i>*5 to 10 min of dryland</i> | DRYLAND 10:30 - 10:45AM WATER 10:45 - 12:00pm | OFF |

Lil Bucs (LB)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|------------|---|------------|---|--|------------|
| WATER 4:00 - 5:15pm <i>*5 to 10 min of dryland</i> | OFF | WATER 4:00 - 5:15pm <i>*5 to 10 min of dryland</i> | OFF | WATER 4:00 - 5:15pm <i>*5 to 10 min of dryland</i> | DRYLAND 10:30 - 10:45AM WATER 10:45 - 12:00pm | OFF |

Age Group Performance 2 (AGP2)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|------------|--|--|--|------------|
| Dryland 4:15 - 5:00pm WATER 5:00 - 6:30pm | Dryland 4:15 - 5:00pm WATER 5:00 - 6:30pm | OFF | Dryland 4:15 - 5:00pm WATER 5:00 - 6:30pm | Dryland 4:15 - 5:00pm WATER 5:00 - 6:30pm | DRYLAND 10:30 - 10:45AM WATER 10:45 - 12:00pm | OFF |

Age Group Performance 1 (AGP1)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|------------|--|--|--|------------|
| Dryland 4:15 - 5:00pm WATER 5:00 - 6:30pm | Dryland 4:15 - 5:00pm WATER 5:00 - 6:30pm | OFF | Dryland 4:15 - 5:00pm WATER 5:00 - 6:30pm | Dryland 4:15 - 5:00pm WATER 5:00 - 6:30pm | Dryland 8:00 - 8:30am Water 8:30 to 10:30am | OFF |

High Performance (HP)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|-----------|----------|--------|----------|--------|
|--------|---------|-----------|----------|--------|----------|--------|

** Separate High Performance Schedule Online**

****ALL PRACTICES ARE TO BE HELD AT TAMPA PREP****