

SCSC SUMMER TRAINING SCHEDULE (effective 6/14/2010)

MONDAY/TUESDAY/THURSDAYS/FRIDAY (AM):

***ALL WORKOUTS AT THE INTERNATIONAL**

- NATIONAL/GOLD GROUPS: 6:00 AM TO 8:00 AM
- BLUE BELL GIRLS/BOYS: 8:00 AM TO 10:00 AM
- WHITE BELL GROUP: 8:00 AM TO 9:00 AM
- YELLOW BELL GROUPS 1 & 2: 9:00 AM TO 10:30 AM
- WHITE BELL GROUP: 10:00 AM TO 11:00 AM

WEDNESDAY (AM):

***ALL WORKOUTS AT THE INTERNATIONAL**

- GOLD/SILVER GROUPS: 6:00 AM TO 8:00 AM
- BLUE BELL GIRLS/BOYS: 8:00 AM TO 10:00 AM
- WHITE BELL GROUP: 8:00 AM TO 9:00 AM
- YELLOW BELL GROUPS 1 & 2: 9:00 AM TO 10:30 AM
- WHITE BELL GROUP: 10:00 AM TO 11:00 AM

DRY-LAND SCHEDULE:

- NATIONAL: MEDICINE BALL CIRCUIT: MONDAY & FRIDAY: 8:00 TO 8:45 AM
- NATIONAL: WEIGHTS: TUESDAY/THURSDAY/SATURDAY: 8:00 TO 9:15 AM
- GOLD: CIRCUIT TRAINING: MONDAY/WEDNESDAY/FRIDAY: 8:00 TO 8:45 AM
- BLUE BELL GROUPS: CIRCUIT TRAINING: MON-WED-FRI: 10:00 TO 10:30 AM

MONDAY (PM):

- NATIONAL/GOLD/SILVER: 5:00 PM TO 7:00 PM (INT'L)
- BLUE BELL GIRLS/BOYS: 6:00 PM TO 7:30 PM **(HARKER)**
- YELLOW/WHITE BELL MAKE-UP GROUP: 7:00 PM TO 8:00 PM
- JR BELL GROUP 1 & 2: 6:00 PM TO 6:45 PM - **(HARKER)**
- JR BELL GROUP 1 & 2: 6:45 PM TO 7:30 PM -**(HARKER)**

TUESDAY (PM):

- NATIONAL/GOLD/SILVER: 5:00 PM TO 7:00 PM (INT'L)
- YELLOW BELL GROUPS 1 & 2: 6:00 PM TO 7:30 PM (HARKER)
- BLUE/WHITE BELL MAKE-UP GROUP: 7:00 PM TO 8:00 PM
- JR BELL GROUP 1 & 2: 6:00 PM TO 6:45 PM - **(HARKER)**
- JR BELL GROUP 1 & 2: 6:45 PM TO 7:30 PM - **(HARKER)**

WEDNESDAY (PM):

- NATIONAL/SILVER: 5:00 PM TO 7:00 PM (INT'L)
- BLUE BELL GIRLS/BOYS: 6:00 PM TO 7:30 PM (HARKER)
- YELLOW/WHITE MAKE-UP GROUP: 7:00 PM TO 8:00 PM
- JR BELL GROUP 1 & 2: 6:00 PM TO 6:45 PM - **(HARKER)**
- JR BELL GROUP 1 & 2: 6:45 PM TO 7:30 PM - **(HARKER)**

THURSDAY (PM):

- NATIONAL/GOLD SILVER: 5:00 PM TO 7:00 PM (INT'L)
- YELLOW BELL GROUPS 1 & 2: 6:00 PM TO 7:30 PM (HARKER)
- BLUE/WHITE BELL MAKE-UP GROUP: 7:00 PM TO 8:00 PM
- JR BELL GROUP 1 & 2: 6:00 PM TO 6:45 PM - **(HARKER)**
- JR BELL GROUP 1 & 2: 6:45 PM TO 7:30 PM - **(HARKER)**

FRIDAY (PM):

- NATIONAL/GOLD/SILVER: 5:00 PM TO 7:00 PM (INT'L)
- BLUE BELL GIRLS/BOYS: 6:00 PM TO 7:30 PM (HARKER)
- JR BELL GROUP 1 & 2: 6:00 PM TO 6:45 PM - **(HARKER)**
- JR BELL GROUP 1 & 2: 6:45 PM TO 7:30 PM - **(HARKER)**

SATURDAY (AM):

- NATIONAL/GOLD/SILVER: 6:00 AM TO 8:00 AM
- BLUE BELL GIRLS/BOYS: 8:00 AM TO 10:00 AM
- WHITE BELL GROUP: 9:00 AM TO 10:00 AM
- YELLOW BELL GROUPS 1 & 2: 10: 00 AM TO 11:30 AM

SATURDAY (PM):

- NATIONAL: 5:00 PM TO 6:30 PM