

AAAA-Pieper Fall Training Schedule September 3 - May 31

Revised 8/26/25



<u>Group/Training</u>	<u>Days</u>	<u>Location</u>	<u>Time</u>
<u>Gold</u>	M-TH	Pieper	4:45-6:15 pm
<u>Silver 1</u>	M-TH	Pieper	6:15-7:30 pm
<u>Silver 2</u> 12&Under	M-TH	Pieper	6:30-7:30pm
<u>Silver 2</u> 13&Over	M-TH	Pieper	7:30-8:30 pm
<u>Purple 1</u>	M-TH	Pieper	5:35-6:25 pm
<u>Purple 2</u>	M-TH	Pieper	4:45-5:30 pm

Required Equipment

Please make sure the athletes have all of their equipment properly marked with names. Equipment needs to be brought to the blocks everyday as we will utilize all equipment almost everyday.

Gold

Cap, Goggles, Water Bottle, Kickboard, Fins, Ankle Buoy, Flat Paddles, Snorkel,

Silver 1

Cap, Goggles, Water Bottle, Kickboard, Fins, Snorkel, Ankle Buoy

Silver 2

Cap, Goggles, Water Bottle, Kickboard, Fins, Snorkel, Ankle Buoy

Purple 1

Cap, Goggles, Water Bottle, Kickboard, Fins

Purple 2

Cap, Goggles, Water Bottle, Kickboard, Fins