

# AAAA-Pieper Fall Training Schedule

Revised 8/9/23



<u>Group</u>	<u>Coach</u>	<u>Days</u>	<u>Time</u>
Gold	Coach Tracey	M-TH F	4:45-6:15 pm TBD
Silver 1	Coaches Tracey, Shanna, Laney	M-TH	6:00-7:15 pm
Silver 2	Coaches Tracey, Shanna, Laney	M-TH	7:15-8:15 pm
Purple 1	Coaches Shanna, Laney	M-TH	5:00-5:50 pm
Purple 2	Coaches Shanna, Laney	M-TH	6:25-7:10 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, Pull Buoy/Ankle Buoy, Flat Paddles, Snorkel*

### Silver

*Cap, Goggles, Water Bottle, Kickboard, Fins, Snorkel*

### Purple

*Cap, Goggles, Water Bottle, Kickboard, Fins*