

MakeUp Sept Reg Schedule

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1) ALL dryland sessions longer than 90-minutes are strictly for FC7-8, JO, and FastTrack 2) ALL water sessions longer than 90-minutes are strictly for FC7-8, JO, and FastTrack 3) All water sessions include a 30-minute deck warm-up; divers come in running shoes			1 SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 430-630p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	2 SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	3 SRDL ~ 8-9a, 8-930a SROP 60 ~ 1030a-1130a SROP 90 ~ 1030a-12p SROP 120 ~ 1030a-1p
4	5	6	7	8	9	10
Diver Example	CLOSED	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	NO SROP OR DVHS SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p, 7pm+ NO WATER AT EITHER SROP/DVHS	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL ~ 8-9a, 9-10a, 830-10a, 8-1030a SROP 60 ~ 1030a-1130a SROP 90 ~ 1030a-12p SROP 120 ~ 1030a-1p
11	12	13	14	15	16	17
Possible Miwok Tower Session 930a-12p or 1130a-2p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL ~ 8-9a, 9-10a, 830-10a, 8-1030a SROP 60 ~ 1030a-1130a SROP 90 ~ 1030a-12p SROP 120 ~ 1030a-1p
18	19	20	21	22	23	24
Possible Miwok Tower Session 930a-12p or 1130a-2p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	NO SROP OR DVHS SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p, 7pm+ NO WATER AT EITHER SROP/DVHS	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL ~ 8-9a, 8-930a SROP 60 ~ 1030a-1130a SROP 90 ~ 1030a-12p SROP 120 ~ 1030a-1p
25	26	27	28	29	30	Notes:
SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p DVHS ~ 730-830p, 7-830p, 730-9p	NO SROP SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p DVHS ~ 730-830p, 730-9p	NO SROP SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p DVHS ~ 730-830p, 730-9p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	Try-it-Out (TIO) program ~ Are scheduled for the Early Session(s) at pools and dryland sessions are the first 30-, 45-, or 60-minutes (coach's discretion).

Makeup Regular + Makeup Schedule Requests

October 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1) ALL dryland sessions longer than 90-minutes are strictly for FC7-8, JO, and FastTrack 2) ALL water sessions longer than 90-minutes are strictly for FC7-8, JO, and FastTrack 3) All water sessions include a 30-minute deck warm-up; divers come in running shoes			Try-it-Out (TIO) program ~ Are scheduled for the Early Session(s) at pools and dryland sessions are the first 30-, 45-, or 60-minutes (coach's discretion).		SRDL ~ 8-9a, 9-10a, 830-10a, 8-1030a SROP 60 ~ 1030a-1130a SROP 90 ~ 1030a-12p SROP 120 ~ 1030a-1p
2	3	4	5	6	7	8
Possible Miwok Tower Session 930a-12p or 1130a-2p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	NO SROP OR DVHS SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p, 7pm+ NO WATER AT EITHER SROP/DVHS	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 430-630p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL ~ 8-9a, 9-10a, 830-10a, 8-1030a SROP 60 ~ 1030a-1130a SROP 90 ~ 1030a-12p SROP 120 ~ 1030a-1p
9	10	11	12	13	14	15
Possible Miwok Tower Session 930a-12p or 1130a-2p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 430-630p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	POSSIBLE CDA MEET (DVHS) If we do not host the meet, we will run regular sessions (below). SRDL ~ 8-9a, 9-10a, 830-10a, 8-1030a SROP 60 ~ 1030a-1130a SROP 90 ~ 1030a-12p SROP 120 ~ 1030a-1p
16	17	18	19	20	21	22
Possible Miwok Tower Session 930a-12p or 1130a-2p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 430-630p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL ~ 8-9a, 9-10a, 830-10a, 8-1030a SROP 60 ~ 1030a-1130a SROP 90 ~ 1030a-12p SROP 120 ~ 1030a-1p
23	24	25	26	27	28	29
Possible Miwok Tower Session 930a-12p or 1130a-2p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	NO SROP SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 430-630p DVHS ~ 730-830p, 730-9p	WATER @ DVHS NOT SROP SRDL ~ 8-9a, 9-10a, 830-10a, 8-1030a DVHS 60 ~ 1030a-1130a DVHS 90 ~ 1030a-12p DVHS 120 ~ 1030a-1p
30	31	Notes:				
	SRDL 60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 7-8p, 7-830p, 730-9p, 7-9p	Name _____ Term _____ Regular Hours _____				

Diver Example