

FST Practice Schedule 2022-2023

Pre Team (1 &2)		
Monday	5:30-6:15 pm (2)	Lilley Gulch
	6:15-7:00 pm (1)	
Wednesday	5:30-6:15 pm (2)	Lilley Gulch
	6:15-7:00 pm (1)	
Friday	5:30-6:15 pm (2)	Lilley Gulch
	6:15-7:00 pm (1)	

Comp Prep		
Monday	6:15-7:15 pm	Lilley Gulch
Tuesday	6:00-7:00 pm	Ridge
Thursday	6:00-7:00 pm	Ridge
Saturday	8:00-9:00 am	Ridge

Bronze 1		
Monday	6:00-7:00 pm	Ridge
Wednesday	6:00-7:00 pm	Ridge
Friday	6:00-7:00 pm	Ridge
Saturday	8:00-9:00 am	Ridge

Bronze 2		
Monday	4:30-5:30 pm	Lilley Gulch
Tuesday	4:30-5:30 pm	Lilley Gulch
Wednesday	4:30-5:30 pm	Lilley Gulch
Thursday	4:30-5:30 pm	Lilley Gulch
Friday	4:30-5:30 pm	Lilley Gulch
Saturday	7:00-8:00 am	Ridge

Silver		
Monday	6:00-7:00 pm	Ridge
Tuesday	6:00-7:00 pm	Ridge
Wednesday	6:00-7:00 pm	Ridge
Thursday	6:00-7:00 pm	Ridge
Friday	6:00-7:00 pm	Ridge
Saturday	7:00-8:30 am	Ridge

Gold		
Monday	4:30-6:00 pm	Ridge
Tuesday	4:30-6:00 pm	Ridge
Wednesday	4:30-6:00 pm	Ridge
Thursday	4:30-6:00 pm	Ridge
Friday	4:30-6:00 pm	Ridge
Saturday	6:30-8:30 am	Ridge

Sr Prep		
Monday	4:30-6:00 pm	Ridge
Tuesday	4:30-6:00 pm	Ridge
Wednesday	5:00-6:30 am	Carmody
	4:30-6:00 pm	Ridge
Thursday	4:30-6:00 pm	Ridge
Friday	4:30-6:00 pm	Ridge
Saturday	6:30-8:30 am	Carmody

Senior		
Monday	5:00-6:30 am	Carmody
	4:30-6:30 pm	Carmody
Tuesday	4:30-6:30 pm	Carmody
	5:00-6:30 am	Carmody
Wednesday	4:30-6:30 pm	Carmody
	5:00-6:30 am	Carmody
Thursday	4:30-6:30 pm	Carmody
	5:00-6:30 am	Carmody
Friday	4:30-6:30 pm	Carmody
	5:00-6:30 am	Carmody
Saturday	4:30-6:30 pm	Carmody
	6:30-8:30 am	Carmody