| Summer 2021 Alpharetta Practice Schedule | | | | | | | |
|---|---|---|---|---|---|---|---|
| | | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **SR1** | AM | 6:45-9:00AM* | 11:45-2:00PM* | 6:45-9:00AM* | 6:45-9:00AM | | 6:45-9:30* |
| | PM | 2:30-5:30 DL | | 2:30-5:30 DL | 2:30-5:30 DL | 2:45PM-5:00 | |
| | | | | | | | |
| **SR2** | AM | 7:00-9:00 | 7:00-9:00 | | 11:30-1:30PM* | 7:00-9:00 | 9:30-11:45* |
| | PM | 3:15-6:00 DL | 4:00-6:00* | 3:15-6:00 DL | | | |
| | | | | | | | |
| **SR3 Gold** | AM | 9:00-11:00 | 6:15-9:00 DL | 9:00-11:00 | 6:15-9:00 DL | 9:00-11:00 | 7:00-10:00 DL |
| | PM | | 4:00-6:00* | | | | |
| | | | | | | | |
| **SR3 Green** | | 11:45-1:45PM | 12:15-2:15 DL | 11:45-1:45PM | 12:15-2:15 DL | 11:45-1:45PM | 7:00-9:00 DL |
| | | | | | | | |
| **AG1 Gold** | | 9:15-12:00 DL | 4:00-6:00PM* | 8:15-11:15 DL | 7:00-9:00 | 9:15-12:00 DL | 11:45-1:45* |
| | | | | | | | |
| **AG1 Green** | | 7:15-8:45 | 8:45-10:45 DL | 7:15-8:45 | 8:45-10:45 DL | 7:15-8:45 | 7:00-8:30 |
| | | | | | | | |
| **AG2 Gold** | | 11:45-1:45 DL | 9:15-10:45AM | 11:45-1:45 DL | 9:15-10:45AM | 11:45-1:15 | 9:15-10:45 |
| | | | | | | | |
| **AG2 Green** | | 1:30-2:45 | 12:30-2:15 DL | 1:30-2:45 | 12:30-2:15 DL | 1:30-2:45PM | 10:15-11:30 |
| | | | | | | | |
| **AG3 Gold** | | 9:00-10:45 DL | 11:00-12:15 | 9:00-10:45 DL | 11:00-12:15 | 9:00-10:15 | 8:45-10:00 |
| | | | | | | | |
| **AG3 Green** | | 10:30-11:30 | 11:00-12:00 | 10:30-11:30 | 11:00-12:00 | 10:30-11:30 | OFF |
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| * Practices held at Chamblee Pool | | | DL = Workout Includes Dryland | | | | |