

Sails 2023 Summer Practice Schedule

Weekday AM (Tuesday-Friday)

Hometown Heroes

5:15-7a - National, Pre-National, and Senior

Walker Pool

6:30-8a – Gold

8-9a – Silver & Bronze (Tu/Th)

8-9a – Blue & White (Wed/Fri)

Afternoons (Monday-Thursday)

TFC Outdoor

4-6p – National & Pre-National

5-6:30p – Senior

TFC Indoor

4-4:45p – Developmental

4:45-5:45p – Competitive Prep

Clear Falls HS

5-6:45p – Gold

5:15-6:15p – Bronze

6:15-7:45 – Silver (Mon-Thurs)

6:30-7:45p - Blue

6:45-7:45p – White

Saturday AM

Walker in June, Hometown Heroes in July

7:30-9:30a National, Pre-National, & Senior

8:30-10:15a Gold

9:15-10:45a Silver & Bronze

9:30-10:45a Blue & White

10:15-11a Developmental & Competitive