

# Riptide Team Practice Schedule

## 2020-21 SCY season – Effective: 11/16/20 – 02/14/21

*Updated 11/4/2020*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:00am Performance Dryland @DCHS	No AM Practice	5:45 - 6:45am Performance Dryland @DCHS	No AM Practice	5:45 - 6:45am Performance Dryland @DCHS		
6:15 - 7:15pm Intro	6:00–7:30pm Age Group		6:00–7:30pm Age Group	6:00-7:00pm Intro	10:45 - 11:45am Intro	1:30-2:30pm Intro
6:15 – 7:15pm Development	7:45 - 9:30pm Performance	No Evening Practices	7:45 - 9:30pm Performance	6:00 - 7:00pm Development	10:45 - 11:45am Development	1:30-2:30pm Development
7:30 - 9:30pm Performance				7:15 – 8:45pm Age Group	12:00 - 2:00pm Performance	2:45-4:15pm Age Group
					2:15-3:45pm Age Group	4:30-6:30pm Performance

### **Practices altered due to DCHS High School meets:**

Check Team website/Facebook/Twitter for updated info  
 Thursday, December 3 (No Age Group)  
 Thursday, December 17 (No Age Group)  
 Monday, January 4 (No Development)  
 Thursday, January 7 (No Age Group)

### **Training groups:**

Intro training group: 12 & under  
 Development training group: 8-12  
 Age Group training group: 10-14  
 Performance and Age Group Plus training group: 12+

**Practice times may be altered Saturday, February 6th and Saturday, February 13th for boys' high school meets**