

# Riptide Team Practice Schedule

## 2020 Fall SCY Season – Effective: 08/24/20 – 11/07/20

*updated: 8/24/2020*

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

**Practice cancelled due to DCHS High School meets:**

Check Team website/Facebook/Twitter for updated info

Tuesday, September 1st

Tuesday, September 22nd

Tuesday, September 29th

**Training groups:**

Intro training group: 12 & under

Development training group: 8-12

Age Group training group: 10-14

Performance training group: 12+

**Practice times may be altered Saturday, 11/7 for high school girls championship meets**