

National/Nag			HS1			HS 2		
Mon	*7:15-9:00am or #3:30-5:00pm	EW	Mon	*7:15-9:00am or #3:30-5:00pm	EW	Mon	5:15 - 6:45pm	EW
Tue	#5:45-7:10am or *3:30-5:00pm	EW	Tue	#5:45-7:10am or *3:30-5:00pm	EW	Tue	#5:45-7:10am or *3:30-5:00pm	EW
Wed	*5:45-7:10am or #3:30-5:00pm	EW	Wed	*5:45-7:10am or #3:30-5:00pm	EW	Wed	Off	
Thu	#7:15-9:00am or *3:30-5:00pm	EW	Thu	#7:15-9:00am or *3:30-5:00pm	EW	Thu	#7:15-9:00am or *3:30-5:00pm	EW
Fri	3:30-5:00pm	EW	Fri	Off		Fri	Off	
Sat	7:00-8:30am	EW	Sat	8:45-10:10am	EW	Sat	8:45-10:10am	EW
Sun	Off		Sun	Off		Sun	Off	

Hudson Students with last name A - Laz

* Hudson Students with last name Le - Z

Non Hudson HS students will follow the 3:30-5:00pm practice unless given permission by the coaching staff.

Level 6			Level 5			Level 4		
Mon	3:30-5:00pm	EW	Mon	5:15 - 6:45pm	EW	Mon	Off	
Tue	3:30-5:00pm	EW	Tue	5:15 - 6:45pm	EW	Tue	5:15 - 6:45pm	EW
Wed	3:30-5:00pm	EW	Wed	5:15 - 6:45pm	EW	Wed	5:15 - 6:45pm	EW
Thu	3:30-5:00pm	EW	Thu	5:15 - 6:45pm	EW	Thu	5:15 - 6:45pm	EW
Fri	5:15 - 6:45pm	EW	Fri	Off		Fri	5:15 - 6:45pm	EW
Sat	Off		Sat	Off		Sat	Off	
Sun	9:00-10:30am	EW	Sun	9:00-10:30am	EW	Sun	9:00-10:30am	EW

Level 3 (A & B)			Level 2 (A & B)			Level 1 (A & B)		
Mon	A-5:00-6:10pm B-6:20 - 7:30pm	LCP	Mon	Off		Mon	7:00 - 8:00pm	EW
Tue	Off		Tue	7:00 - 8:15pm	EW	Tue	Off	
Wed	All - 7:00 - 8:15pm	EW	Wed	Off		Wed	A - 5:00-6:10, B - 6:20 - 7:30	LCP
Thu	Off		Thu	7:00 - 8:15pm	EW	Thu	Off	
Fri	A-5:00-6:10pm B-6:20 - 7:30pm	LCP	Fri	Off		Fri	Off	
Sat	Off		Sat	11:45 - 1pm	EW	Sat	10:30 - 11:30am	EW
Sun	10:45 - 12:00pm	EW	Sun	Off		Sun	Off	

Novice A			Novice B		
Tue	6:05 - 6:45pm	LCP	Tue	6:50 - 7:30pm	LCP
Thu	6:05 - 6:45pm	LCP	Thu	6:50 - 7:30pm	LCP
Sun	12:15 - 1:00pm	EW	Sun	12:15 - 1:00pm	EW

AM Groups are for those Hudson students in grades 3rd, 4th, and 5th. (Virtual students and home schooled students are permitted)

Level 3 AM (3rd, 4th, 5th Grade)			Level 2 AM (3rd, 4th, 5th Grade)			Level 1 AM (3rd, 4th, 5th Grade)		
Mon	Off		Mon	Off		Mon	Off	
Tue	7:20am - 8:20am	EW	Tue	7:20am - 8:20am	EW	Tue	7:20am - 8:20am	EW
Wed	7:20am - 8:20am	EW	Wed	7:20am - 8:20am	EW	Wed	7:20am - 8:20am	EW
Thu	Off		Thu	Off		Thu	Off	
Fri	7:20am - 8:20am	EW	Fri	7:20am - 8:20am	EW	Fri	7:20am - 8:20am	EW
Sat	Off		Sat	Off		Sat	Off	
Sun	12:15 - 1:15pm	EW	Sun	Off		Sun	Off	

Day Time Groups are for those students doing Virtual or being home schooled.

Level 3 (Day)			Level 2 (Day)			Level 1 (Day)		
Mon	12:00 - 1:00pm	EW	Mon	12:00 - 1:00pm	EW	Mon	12:00 - 1:00pm	EW
Tue	Off		Tue	Off		Tue	Off	
Wed	12:00 - 1:00pm	EW	Wed	12:00 - 1:00pm	EW	Wed	12:00 - 1:00pm	EW
Thu	Off		Thu	Off		Thu	Off	
Fri	12:00 - 1:00pm	EW	Fri	12:00 - 1:00pm	EW	Fri	12:00 - 1:00pm	EW
Sat	Off		Sat	Off		Sat	Off	
Sun	12:15 - 1:15pm	EW	Sun	Off		Sun	Off	

8/15/2020