

Spring 2023 Schedule - Begin April 10th

National			HS1			HS 2		
Mon	6-7:15am + 3:25-5:20pm + Lift	EW	Mon	6-7:15am + 3:25-5:20pm + Lift	EW	Mon	5:00 - 7:00pm**DL 1st	EW
Tue	4:00 - 6:00pm	UA	Tue	4:00 - 6:00pm	UA	Tue	4:00 - 6:00pm	UA
Wed	3:25-5:20pm + Lift	EW	Wed	3:25-5:20pm + Lift	EW	Wed	5:00 - 7:00pm**DL 1st	EW
Thur	6-7:15am(EW) + 4:00 - 6:00pm	UA	Thur	6-7:15am(EW) + 4:00 - 6:00pm	UA	Thur	4:00 - 6:00pm	UA
Fri	5:45am - 7:15am	EW	Fri	5:45am - 7:15am	EW	Fri	5:45am - 7:15am	EW
Sat	10am - 12pm	UA	Sat	10am - 12pm	UA	Sat	10am - 12pm	UA
Level 5			Level 4			Level 3 (A - 12 O, B - 11 U)		
Mon	5:30 - 7:00pm	EW	Mon	5:30 - 7:00pm	EW	Mon	Off	
Tue	4:00 - 6:00pm	UA	Tue	5:30 - 7:15pm	UA	Tue	5:30 - 7:00pm	EW
Wed	5:30 - 7:00pm	EW	Wed	5:30 - 7:00pm	EW	Wed	Off	
Thur	4:00 - 6:00pm	UA	Thur	5:30 - 7:15pm	UA	Thur	5:30 - 7:15pm	UA
Fri	4:00 - 5:30pm	EW	Fri	4:00 - 5:30pm	EW	Fri	5:30 - 7:00pm	EW
Sat	10am - 12pm	UA	Sat	10am - 12pm	UA	Sat	10am - 12pm	UA
Level 2B			Level 2A			Level 1		
Mon	Off		Mon	7:00 - 8:00pm	EW	Mon	5:00 - 6:00pm	LCP
Tue	Off		Tue	Off		Tue	Off	
Wed	7:00 - 8:00pm	EW	Wed	Off		Wed	5:00 - 6:00pm	LCP
Thur	Off		Thur	Off		Thur	Off	
Fri	7:00 - 8:00pm	EW	Fri	7:00 - 8:00pm	EW	Fri	Off	
Sat	9:00 - 10:00am	EW	Sat	8:00 - 9:00am	EW	Sat	10:00 - 11:00am	EW
Novice A (9 and Over)			Novice B (8 and Under)			Be prepared for Dryland each practice with shoes, shorts, and a good attitude!		
Mon	6:45 - 7:30pm	LCP	Mon	6:00 - 6:45pm	LCP			
Wed	6:45 - 7:30pm	LCP	Wed	6:00 - 6:45pm	LCP			
Sat	11:00 - 11:45am	EW	Sat	11:45 - 12:30pm	EW			
AM Groups - - Hudson Students in grades 3, 4, 5								
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	7:20 - 8:30am	EW
Tue	7:20 - 8:30am	EW	Tue	7:20 - 8:30am	EW	Tue	Off	
Wed	Off		Wed	Off		Wed	7:20 - 8:30am	EW
Thur	7:20 - 8:30am	EW	Thur	7:20 - 8:30am	EW	Thur	Off	
Fri	7:20 - 8:30am	EW	Fri	7:20 - 8:30am	EW	Fri	7:20 - 8:30am	EW
Sat	10am - 12pm	UA	Sat	OFF		Sat	OFF	

Updated March 23, 2023