

**SUBURBAN SEAHAWKS CLUB PRACTICE SCHEDULE 2022 – 2023 (\*\* PRACTICE TIMES MAY BE SUBJECT TO CHANGE)**

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SR GOLD</b>	5:30 – 7:30 AM SSC  6:45 - 9 PM Swarthmore	6:45 – 9 PM Swarthmore	4:00-6:45PM SSC Water 4-6 PM Dryland 6:10-6:45 PM	5:30 – 7:30 AM SSC  6:45 – 9 PM Swarthmore	4:00 – 6:45 PM SSC Water 4-6 PM Dryland 6 – 6:45 PM	8 – 11:00 AM SSC	X
<b>SILVER PLUS</b>	5:30 – 7:30 AM SSC  <b>OR</b>  4:00-5:55 PM SSC	4:00-5:55 PM SSC	6:45 – 8:45 PM SSC  DRYLAND 6:45-7:15 PM	4:00-5:55PM SSC	6:05 – 8:05 PM SSC	11-12:30 PM SSC	X
<b>SILVER</b>	4:00-5:30 PM SSC	4:00-5:30 PM SSC	<b>X</b>	4:00-6:00 PM SSC DRYLAND 5:30-6:00 PM	6:05-7:35 PM SSC	11-12:30 PM SSC	8:30-10:00 AM SSC
<b>BRONZE</b>	7:05-8:30 PM SSC	7:05 – 8:30 PM SSC	<b>X</b>	7:05 – 8:30 PM SSC	<b>X</b>	12:30-1:45 PM	10:05-11:20 AM SSC
<b>DEVELOPMENTAL</b>	6:00 – 7:00 PM SSC	6:00-7:00 PM SSC	<b>X</b>	6:00-7:00 PM SSC	<b>X</b>	<b>X</b>	11:25-12:25PM SSC
<b>MINI Blue</b>	6:00-6:45 PM SSC	<b>X</b>	6:00-6:45 PM SSC	6:00-6:45 PM SSC	<b>X</b>	<b>X</b>	<b>X</b>
<b>MINI Gold</b>	6:45-7:30 PM SSC	<b>X</b>	6:45-7:30 PM SSC	6:45-7:30 PM SSC	<b>X</b>	<b>X</b>	<b>X</b>
<b>Pre-Team Blue</b>	5:00-5:45 PM SSC	<b>X</b>	<b>X</b>	5:00-5:45 PM SSC	<b>X</b>	<b>X</b>	<b>X</b>
<b>Pre-Team Gold</b>	<b>X</b>	5:00-5:45 PM SSC	<b>X</b>	4:15-5:00 PM SSC	<b>X</b>	<b>X</b>	<b>X</b>