



ROCKLAND PRACTICE SCHEDULE

Dec. 2022 - Feb. 2023

Families must routinely check the Google Calendar for changes to the regular schedule!

| GROUP | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--|---|---|--------------------------------------|---|--|--------|
| Future Stars | 6:30-7:00pm @ Festa | 7:30-8:00pm @ Festa | 6:30-7:00pm @ Festa | | 7:30-8:00 pm @ Festa | 10:00-11:00am @ Festa | |
| Bronze | 6:30-7:30pm @ Festa | 7:00-8:00pm @ Festa | 6:30-7:30pm @ Festa | | 7:30-8:30pm @ Festa | Noon-1:00pm @ Festa | |
| Junior Varsity | 5:30-6:30pm @ Festa | 5:30-6:30pm @ Festa | 5:30-6:30pm @ Festa | | | 11:30 am-12:30 pm @ Festa | |
| Silver | 5:30-7:00pm @ Festa | 5:30-7:00 pm @ Festa | 5:30-7:00 pm @ Festa | | 7:30-9:00pm @ Festa | 10:00-11:30 am @ Festa | |
| Gold | 5:30-7:30pm @ Festa | 6:30-8:00pm @ Festa | 5:30-7:30pm @ Festa | 5:45-7:00pm @ RCC | 7:30-9:30pm @ Festa | 11:00 am-1:00 pm @ Festa | |
| Gold Elite | 5:30-7:30pm @ Festa | 6:00-8:00pm @ Festa | 5:30-7:30pm @ Festa | 5:45-7:00pm @ RCC | 7:30-9:30pm @ Festa | 11:00 am-1:00 pm @ Festa | |
| Senior Prep | 5:30-7:30pm @ Festa | 5:30-7:30pm @ Festa | 5:30-7:30pm @ Festa | 5:45-7:00pm @ RCC | 7:30-9:30pm @ Festa | 10:00 am-Noon @ Festa | |
| Senior 1 | 5:30-7:30pm @ Festa | 5:30-7:30pm @ Festa | 5:30-7:30pm @ Festa | 7:00-9:00pm @ RCC | 7:30-9:30pm @ Festa | 10:00 am-Noon @ Festa | |
| Senior | 5:30-7:30pm @ Festa | 5:30-8:00pm @ Festa | 5:30-7:30pm @ Festa | 7:00-9:00pm @ RCC | 7:30-9:30pm @ Festa | 10:00 am-1:00 pm @ Festa | |

***Senior Dryland will remain at Iron Fist on Monday and Wednesday from 4:00-4:50 pm.**

***Senior AM's will be Tue. & Thu. 5:30 - 6:45 am.**