

Wolverines Practice Schedule (as of 10-18-21)

Practice Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cubs (Ages 6-8) 1x, 2x, or 3x	OFF	5:45-6:30 PM MVHS	OFF	5:45-6:30 PM MVHS	5:45-6:30 PM MVHS	9:00-9:45 am MVHS	OFF
Age Group Stroke Development 1x, 2x, or 3x	OFF	5:50-6:50 PM MVHS	6:00-7:00 PM WCC	5:50-6:50 PM MVHS	5:50-6:50 PM MVHS	9:00-10:00 AM MVHS	OFF
Age Group Team Part-time 1-2x Full-time 3-4x	6:00-7:00 PM WCC	6:00-7:00 PM MVHS	OFF	6:00-7:00 PM MVHS	6:00-7:00 PM MVHS	8:00-9:00 AM MVHS	OFF
Select Age Group Team (9 & Over) Part-time 1-2x Full-time 3-4x	6:00-7:15 PM WCC	6:45-8:00 PM MVHS	6:00-7:15 PM WCC	6:45-8:00 PM MVHS	6:45-8:00 PM MVHS	7:45-9:00 AM MVHS	OFF

Practice Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
National Age Group Team (9 & Over) Part-time 1-3x Full-time 4-5x	Early AM 5:15-6:45 AM at JCC or 6:00-7:30 PM WCC	7:00-8:30 PM MVHS	Early AM 5:15-6:45 AM at JCC or 6:00-7:30 PM WCC	7:00-8:30 PM MVHS	7:00-8:30 PM MVHS	7:00-8:30 AM MVHS	OFF
Senior Flex 3 Days Only	Early AM 5:15-6:45 AM at JCC or 6:00-7:30 PM WCC	7:00-8:30 PM MVHS	Early AM 5:15-6:45 AM at JCC or 6:00-7:30 PM WCC	7:00-8:30 PM MVHS	7:00-8:30 PM MVHS	7:00-8:30 AM MVHS	OFF

Practice Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Prep *IONA Only Fully Vaccinated Allowed	Early AM 5:15-6:45 AM at JCC or 7:00-9:00 PM WCC	5:00-6:45 PM IONA or 7:00-8:30 PM MVHS	Early AM 5:15-6:45 AM at JCC or 7:00-9:00 PM WCC	5:00-6:45 PM IONA or 7:00-8:30 PM MVHS	7:00-8:45 PM MVHS	7:00-9:00 AM MVHS	OFF
Senior Team *IONA Only Fully Vaccinated Allowed	Early AM 5:15-6:45 AM at JCC and/or 5:00-7:00 PM IONA or 7:00-9:00 PM WCC	5:00-7:00 PM IONA or 7:30-9:30 PM MVHS	Early AM 5:15-6:45 AM at JCC or 7:00-9:00 PM WCC	5:00-7:00 PM IONA or 7:30-9:30 PM MVHS	5:00-7:00 PM IONA or 7:00-9:00 PM MVHS	5:00-7:30 PM at SUNY SUNY Need proof of Covid Vaccine or Weekly Negative PCR Test	10:00-12:30 IONA *IONA Only Fully Vaccinated Allowed

Practice Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior National Team *IONA Only Fully Vaccinated Allowed	Early AM 5:15-6:45 AM at JCC and/or 5:00-7:00 PM IONA or 7:00-9:00 PM WCC	5:00-7:00 PM IONA or 7:30-9:30 PM MVHS	Early AM 5:15-6:45 AM at JCC or 7:00-9:00 PM WCC	5:00-7:00 PM IONA or 7:30-9:30 PM MVHS	5:00-7:00 PM IONA or 7:00-9:00 PM MVHS	5:00-7:30 PM at SUNY SUNY Need proof of Covid Vaccine or Weekly Negative PCR Test	10:00-12:30 IONA *IONA Only Fully Vaccinated Allowed