



## 2021 Fall YNS Haverhill Practice Schedule

**Effective Monday August 30<sup>th</sup>**

| <b>Group</b>   | <b>Day</b>   | <b>Time</b>   | <b>Dynamic Stretching/<br/>Dryland</b>  |
|--|--|---|---|
| Pre Team<br>1 <sup>st</sup> Practice<br>Saturday Sept 11 <sup>th</sup> | M<br>Sat Morning                                       | 4:15pm – 5:15pm<br>8:00am – 9:00am  |   |
| Bronze<br>1 <sup>st</sup> Practice<br>Tuesday Sept 7 <sup>th</sup>     | Sun<br>T<br>Th   | 2:00pm – 3:00pm<br>5:30pm – 6:30pm<br>5:00pm – 6:00pm   | Dynamic stretching<br>Sun – 1:45pm – 2:00pm   |
| Silver<br>1 <sup>st</sup> Practice<br>Tuesday Sept 7 <sup>th</sup>     | Sun<br>M<br>TH   | 2:00pm – 3:00pm<br>4:30pm – 5:45pm<br>4:45pm – 6:00pm   | Dynamic stretching<br>Sun – 1:45pm – 2:00pm<br>Mon – 4:30pm – 4:45pm<br>Thu – 4:45 – 5:00pm |
| Gold<br><br>1 <sup>st</sup> Practice<br>Tuesday Sept 7 <sup>th</sup>   | Sun<br>M<br>T<br>TH<br><br>Sat Morning<br>(at Beverly) | 1:45pm – 3:15pm<br>4:30pm – 6:00pm<br>5:15pm – 6:45pm<br>5:00pm – 6:30pm<br><br>*8:45am - 10:30am | Dryland<br>Sun – 1:15pm 1:45pm<br><br>Sat Morning - Dryland<br>10:00am - 10:30am            |
| Senior<br><br>1 <sup>st</sup> Practice<br>Monday Aug. 30 <sup>th</sup> | Sun<br>M<br>T<br>TH<br><br>Sat Morning<br>(at Beverly) | 1:45pm – 3:15pm<br>4:30pm – 6:00pm<br>5:15pm – 6:45pm<br>5:00pm – 6:30pm<br><br>*6:30am to 9:00am | Dryland<br>Sun – 1:15pm 1:45pm<br><br>Sat Morning – Weights<br>8:45 to 9:30am               |

Updated 9/14/21