



2021 Fall YNS Ipswich Practice Schedule

Effective Monday August 30th

| Group | Day | Time | Dynamic Stretching/ Dryland |
|--|---|--|---|
| Pre Team 1 st Practice Saturday Sept 11 th | M Sat Morning | 4:15pm – 5:15pm 8:00am – 9:00am | |
| Bronze 1 st Practice Tuesday Sept 7 th | T & W F | 3:45pm – 5:15pm 4:15pm – 5:15pm | T & W - Dynamic stretching 3:45pm – 4:00pm |
| Silver 1 st Practice Tuesday Sept 7 th | T & W TH | 3:45pm – 5:15pm 4:00pm – 5:00pm | T & W - Dynamic stretching 3:45pm – 4:00pm |
| Gold | M W T & TH | 4:45pm – 6:45pm 5:00pm – 6:30pm 4:30pm – 6:30pm | T & TH – Dryland 4:30pm – 5:00pm |
| 1 st Practice Tuesday Sept 7 th | Sat Morning (at Beverly) | *8:45am - 10:30am | Sat Morning - Dryland 10:00am - 10:30am |
| Pre Senior | M W T & TH | 6:45pm – 8:15pm 6:15pm – 8:15pm 6:30pm – 8:00pm | T & TH - Dryland 5:45pm - 6:30pm |
| 1 st Practice Monday Aug. 30 th | Sat Morning (at Beverly) | *9:15am to 11:15am | Sat Morning - Dryland 9:15am - 9:45am |
| Senior | M - PM W - AM W - PM T & TH - PM | 6:15pm - 8:15pm 5:30am – 7:00am 6:15pm – 8:15pm 6:00pm – 8:00pm | T & TH - Dryland 5:15pm - 6:15pm |
| 1 st Practice Monday Aug. 30 th | Sat Morning (at Beverly) | *6:30am to 9:00am | Sat Morning – Weights 8:45 to 9:30am |
| Senior Elite | M - PM W – AM W - PM T & TH - PM F (at Beverly) | 6:15pm - 8:15pm 5:30am – 7:00am 6:15pm – 8:15pm 6:00pm – 8:00pm *5:15am – 6:45am | T & TH - Dryland 5:15pm to 6:15pm |
| 1 st Practice Monday Aug. 30 th | Sat Morning (at Beverly) | *6:30am to 9:00am | Sat Morning – Weights 8:45 - 9:30am |

Updated 9/5/21