

2019-2020 Fall/Winter Practice Schedule

Senior Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior	7:00-9:00 Deer Path	4:30-6:00pm Deer Path	DL 4:30-5:15 5:30-7:30pm Deer Path	4:30-6:00pm Deer Path	DL 6:00-6:45 7:00-8:30PM Deer Path	7:30-9:00am RVCC	OFF

*DL – Donates Dryland. Dryland starts Monday 9/16/19

**Practice starts Monday 9/9/19

***Please be on deck 15 minutes prior to practice for active stretching

2019-2020 Fall/Winter Practice Schedule

Junior Groups

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stingrays Prep	OFF	OFF	7:30-8:30pm Deer Path	OFF	7:30-8:30pm Deer Path	OFF	OFF
Junior 3	6:30-8:00pm Deer Path	5:00-6:00pm Cross Training Deer Path	DL 6:15-7:00 7:15-8:45 PM Deer Path	OFF	5:30-7:00pm Deer Path	7:30-9:00AM RVCC	OFF
Junior 2	5:30-7:00PM Deer Path	6:00-7:00PM Deer Path	OFF	6:00-7:00pm Deer Path	OFF	7:00-8:00am Deer Path	OFF
Junior 1	OFF	6:00-7:30pm Deer Path	OFF	6:00-7:00pm Deer Path	OFF	7:00-8:00am Deer Path	OFF
Little Stingrays	OFF	OFF	6:15-7:15pm Deer Path	5:00-6:00pm Deer Path	5:30-6:30pm Deer Path	OFF	OFF
Little Stingrays Prep	5:30-6:30pm Deer Path	OFF	5:30-6:15pm Deer Path	OFF	OFF	OFF	OFF

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