

**Pre- and Post-High School Season:**

Training Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior	3:15-5:30(6)	3:15-5:30(6)	3:15-5:30(6)	3:15-5:30(6)	3:15-5:30(6)	8:00-10 (6)	off
Mini	6:30-7:00	off	6:30-7:00	off	off	off	2:30-3:00(2)
AG 1 Girls	5:30-6:30(3)	off	5:30-6:30(3)	off	off	off	3:00-4:00(3)
AG 1 Boys	off	5:30-6:30(3)	off	off	7:00-8:00 (3)		3:00-4:00(3)
AG 2 Girls	5:30-6:45(3)	off	5:30-6:45(3)	off	off	12-1:30 (2-3)	4:00-5:15(3)
AG 2 Boys	off	5:30-6:45(3)	off	5:30-6:45(3)	off	12-1:30(2-3)	4:00-5:15(3)
AG 3	off	8:00-9:00 (3)	off	off	7:15-8:45 (3)	1:30-3:30 (3)	1:30-3:00(3)
Green	off	6:30-8:00(3)	off	5:30-7:00(3)	5:30-7:00(3)	1:30-3:30 (3)	off
White	6:45-8:30(3)	off	6:45-8:30(3)	6:45-8:30(3)	5:30-7:15(3)	10:00-12(5-4)	off
Orange	7:00-9:00(3)	6:45-9:00(3)	7:00-9:00(3)	7:00-9:00(3)	off	off	5:15-7:15(6)

**Senior Group Starts Wednesday Sept 4, all others Monday Sept 9th**

<b>High School Season Schedule: Starts Monday Nov 25</b>							
Training Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior	HS	HS	HS	HS	HS		
Mini	6:45-7:15 (2)	off	off	off	off	1:30-2:15 (3)	2:30-3:00(2)
AG 1 Girls	5:30-6:45 (3)	off	5:30-6:15(3)	off	off	off	3:00-4:00(3)
AG 1 Boys	off	5:30-6:30(3)	6:15-7:15 (3)	off	off	Off	3:00-4:00(3)
AG 2 Girls	5:30-6:45(3)	off	5:30-6:45(3)	off	off	12:15-1:30 (4-6)	4:00-5:15(3)
AG 2 Boys	off	5:30-6:45(3)	off	5:30-6:45(3)	off	12:15-1:30 (4-6)	4:00-5:15(3)
AG 3	off	8:00-9:00 (3)	off	Off	off	1:30-3:30 (3)	1:00-3:00(3)
Green	off	6:30-8:00(3)	off	5:30-7:00(3)	off	8:00-10:00 (3)	5:15-6:45(3)
White	7:15-9:00 (3)	off	7:15-9:00 (3)	6:45-8:30(3)	off	8:00-10:00 (3)	5:15-7:00(3)
Orange	6:45-9:00(3)	6:45-9:00 (3)	7:00-9:00(3)	7:00-9:00 (3-6)	off	10:00-12:15 (5-4)	off