



2021 August/September Practice Schedule (2 weeks)

** Runs thru Sept 4th*

GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior I	3:30 - 5:15pm	3:30 - 5pm Dryland till 5:45pm	3:30 - 5:15pm	3:30 - 5:15pm	3:45 - 5pm Dryland/Lift only	8 - 10am LC	
Senior II	5:15 - 6:30pm	5 - 6:15pm Dryland 4 - 4:45pm	5:15 - 6:30pm	OFF	5:15-6:30pm	8 - 9:45am LC	
Pre-Senior (13-14)	6:30 - 7:30pm	6:15 - 7:15pm	OFF	OFF	6:30 - 7:30pm	9:45 - 11am LC	