



2023 SUMMER PRACTICE SCHEDULE*

TEAM PRACTICE WHILE SCHOOL IS IN SESSION: TUESDAY, MAY 23 – JUNE 15 (Monday – Thursday)

AGE GROUP	DAYS	TIME	LOCATION
8 & Under Competitive	Mon, Tue, Wed, Thu (Starts Tuesday, May 23)	6 – 6:40 PM	Gaines Mill HOA Pool (located on the BHS side)
9 & Under Developmental	Mon & Wed or Tue & Thu (Starts Tuesday, May 30)	Sign up for a session: 6:45 – 7:20 PM 7:25 – 8 PM	Gaines Mill HOA Pool (located on the BHS side)
9-10	Mon, Tue, Wed, Thu (Starts Tuesday, May 23)	6:15 – 7 PM	DVCC Pool
11-12	Mon, Tue, Wed, Thu (Starts Tuesday, May 23)	7 – 7:45 PM	DVCC Pool
13-14 & 15-18	Mon, Tue, Wed, Thu (Starts Tuesday, May 23)	7:45 – 8:30 PM	DVCC Pool

MORNING PRACTICE DURING SUMMER BREAK: JUNE 19 – JULY 28 (Monday – Friday)

AGE GROUP	DAYS	TIME	LOCATION
8 & Under Competitive	Mon, Tue, Wed, Thu, Fri	8 – 8:45 AM	Gaines Mill HOA Pool (located on the BHS side)
9 & Under Developmental	Mon, Tue, Wed, Thu, Fri	Sign up for a session: 8:50 – 9:25 AM 9:30 – 10:05 AM 10:10 – 10:40 AM	Gaines Mill HOA Pool (located on the BHS side)
9-10	Mon, Tue, Wed, Thu, Fri	Sign up for a session: 7:45 – 8:45 AM 8:45 – 9:45 AM	DVCC Pool
11-12	Mon, Tue, Wed, Thu, Fri	Sign up for a session: 7:45 – 8:45 AM 8:45 – 9:45 AM	DVCC Pool
13-14 & 15-18	Mon, Tue, Wed, Thu, Fri	9:45 – 10:45 AM	DVCC Pool

EVENING PRACTICE DURING SUMMER BREAK: JUNE 19 – JULY 27 (Monday – Thursday)

AGE GROUP	DAYS	TIME	LOCATION
8 & Under Competitive 9 & Under Developmental	Mon, Tue, Wed, Thu	7 – 7:50 PM (COMP) 7 – 7:40 PM (DEV)	Gaines Mill HOA Pool (located on the BHS side)
9 & Up Competitive	Mon, Tue, Wed, Thu	8 – 9 PM	DVCC Pool

*Schedule and locations subject to change. Registration for younger age group practices will open after Time Trials on June 9, 2023.