

2020 Nov Practice Schedule

PLUNGE	Mon PM	Wed AM	Wed PM	Tue/Thu/Fri PM	Sat AM
National Track	3:00-4:50p	5:00-6:30a	3:30-5:10p	3:00-4:40p	7:00-8:05a
Senior 1	3:00-4:35p	5:00-6:30a	3:30-4:55p	3:00-4:20p	7:00-8:05a
PreSenior 1	4:40-6:00p		5:00-6:10p	4:50-6:05p	8:10-9:00a
PreSenior 2	6:10-7:30p		6:20-7:30p	6:15-7:30p	8:10-9:00a
Age Group 1	5:00-6:10p		5:20-6:20p	4:30-5:30p	
Age Group 2	6:20-7:30p		6:30-7:30p	5:40-6:40p	
Level 2				6:50-7:30p	

GMAC	Mon/Thu	Tue/Fri	Wed
Shark 1	4:00-5:00p	5:00-6:00p	5:00-6:00p
Shark 2	5:10-6:10p	6:05-7:05p	
Level 1	6:20-7:00p		6:10-6:50p
Level 3	3:00-3:50p	7:10-8:00p	7:00-7:50p



Coaches at Plunge:

Breanna, Brian, Jason, Kimi

Coaches at GMAC:

Chantal, Sophie

Group Attendance Requirements (will be notified if below):

National Track	7/7 = 100%	Senior 1	5/7 = 71%
PreSenior	5/6 = 83%	PreSenior 2	4/6 = 66%
Age Group 1	4/5 = 80%	Age Group 2	3/5 = 60%
Shark 1	3/5 = 60%	Shark 2	2/4 = 50%

Level 1-2 recommended minimum = 2/3

Level 3 recommended minimum = 3/5

No Practice Dates

11/26-11/27 – Thanksgiving (Thu-Fri) → only SR/NT will have practice on Sat 11/28

12/24-12/25 – Christmas (Thu-Fri) → whole team break is 12/23-12/27 (Wed-Sun)

12/31-1/1 – New Years Eve + Day (Thu-Fri)

Monday, 2/15 – President's Day

Team Spring Break is TBD (likely 4/4-4/11)