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| Group | Day | Time | Location |
| FSS Grunion | Friday | 3:15–3:55 p.m. | @ BGC |
| Saturday and Sunday | 9:40–10:30 a.m. |
| FSS Corvina | Friday | 3:40–4:30 p.m. | @ BGC |
| Saturday and Sunday | 8:50–9:45 a.m. |
| FSS Leopard Shark | Friday | 4:15–5:15 p.m. | @ BGC |
| Saturday and Sunday | 8:00–8:55 a.m.  **or**  3:00–4:00 p.m. |
| Corvina | Monday through Thursday | 3:15–4:10 p.m. | @ BGC |
| Leopard Shark | Monday through Thursday | 4:00–5:00 p.m. | @ BGC |
| Red | Monday through Thursday | 4:45–5:55 p.m. | @ BGC |
| Friday (Clinic) | 4:45–6:00 p.m. |
| White | Monday through Thursday | 4:45–6:25 p.m. | @ BGC |
| Friday (Clinic) | 4:45–6:00 p.m. |
| Blue | Monday through Thursday | 4:45–6:40 p.m. | @ BGC |
| Friday | 4:45–6:30 p.m. |
| FSS Seniors | Friday | 6:00–7:00 p.m. | @ BGC |
| Saturday and Sunday | 10:30–11:30 a.m. |
| Sr. Development | Monday through Thursday | 7:00–8:15 p.m. | @ BGC |
| Sr. Red | Monday through Friday | 5:20–7:15 p.m. | @ BGC |
| Sr. White & Blue | Monday through Thursday | 5:45–8:00 p.m. | @ BGC |
| Friday | 5:15–7:30 p.m. |
| Saturday | 7:45–10:00 a.m. |
| Monday, Wednesday, Thursday | 5:15-6:30 a.m. |
| *Contact Sr. White/Sr. Blue coaches for details about mornings or to reserve a spot with EPO* | | | |
| Sr. Champ Prep & Sr. Champ | Monday through Friday | 3:00–6:00 p.m. | @ BGC |
| Tuesday, Friday | 5:15–6:30 a.m. or  6:30–7:45 a.m. | @ BGC |
| Saturday | 7:45–10:00 a.m. | @ CCHS |
| EPO Early Practice Option  Red, White, Senior Dev | Wednesday, Friday | 1:15–2:30 p.m. | @ BGC |
| EPO Early Practice Option  Blue, Sr. Red,  Sr. White, Sr. Blue | Wednesday, Friday | 1:15–3:00 p.m. | @ BGC |