



**September-December Practice Schedule
Solano College-Starting Sept 7 (updated August 25)**

Senior 1

Monday-Thursday	4:15-6:15 pm	College
Friday afternoons	4:30-6:00 pm	College
Wed/Fri mornings	5:30-7:00 am	College
Saturday	8:00-10:00 am	College

**Pinnacle Fitness-tentative Wed/Fri (add on workout-talk to Coach Ricky)*

**Fri mornings start Sept 10/Wed mornings start Oct 6*

Senior 2

Monday-Thursday	4:45-6:15 pm	College
Friday	4:30-6:00 pm	College
Saturday	8:00-10:00 am	College

Junior

Monday-Thursday	5:00-6:30 pm	College
Friday	4:30-6:00 pm	College
Saturday	8:30-10:00 am	College

Blue Otter

Monday-Thursday	4:00-5:00 pm	College
Monday-Thursday	5:00-6:00 pm	College

Yellow Otter

Monday-Thursday	4:00-5:00 pm	College
Monday-Thursday	5:00-6:00 pm	College

Beginner Otter

Monday-Thursday	4:00-4:45 pm	College
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Intro to Otter

Tue/Thu	5:00-5:30 and 5:30-6:00	College
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**Mon/Wed may be available-schedule will be updated*



Fall Practice Schedule (Sept-Dec) American Canyon-Starting Sept 7

Senior 1

Mon/Wed	4:15-6:15 pm	College
Tue/Thu	6:45-8:15 pm	Phillip West
AM-Friday	5:30-7:00 am	College
Friday	4:30-6:00 pm	College
Saturday	8:00-10:00 am	College

**Attend either morning or afternoon on Fridays*

Senior 2

Mon/Wed	5:00-6:30 pm	Phillip West
Tue/Thu	6:45-8:15 pm	Phillip West
Friday	4:30-6:00 pm	Solano College
Saturday	8:00-10:00 am	College

Junior

Mon/Wed	5:00-6:30 pm	Phillip West
Tue/Thu	6:45-8:15 pm	Phillip West
Fri	4:30-6:00 pm	Solano College
Saturday	8:30-10:00 am	College

**Senior 1 can attend Senior 2 practices at Phillip West instead of College days/times.*