

CAC Practice Schedule for the season 2022/2023 updated 09/29/2022

Days Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Mini Marlins Group A	2:45-3:30pm				2:45-3:30pm		All minnies need to get picked up right after their practice
Mini Marlins Group B	3:45-4:30pm			3:45-4:30pm			
Junior Age Group	3:30-4:30pm			3:30-4:30pm		10:45-11:45p	
A * indicates dryland workout All kids need to bring their workout shoes on the * days							
Age Group Bronze AGB		3:30-4:30pm	3:30-4:30pm		3:30-4:30pm	10:45-11:45a	Can sub 1 practice with AGS
Age Group Silver AGS	6:00-7:10pm	5:15+5:45* +5:45-6:45p		5:15+5:45* +5:45-6:45p	4:30-5:45pm	9:00-9:30am* 9:30-10:45a	
Age Group Gold AGG	7:00-8:15pm	6:15-6:45* +6:45-8:00p	6:15-6:30p* 6:30-8:00pm	6:15-6:45* +6:45-8:00p	5:45-6:45pm	7:30-8:00am* 8:00-9:30am	Must attend all practices
Senior Dev SRD Swim Fit(4p)					5:00-6:45am	6:00-8:00am +8:00-9:00a*	Can elect 5 practices a week
	4:30-6:00pm	4:30-5:45pm +5:45-6:30*	4:15-4:30* 4:30-6:30pm	4:30-5:45 +5:45-6:45*			
Senior Silver SRS	5:00-6:45am				5:00-6:45am	6:00-8:00am +8:00-9:00a*	Can elect 7 practices a week
	4:30-6:00pm	4:30-5:45pm +5:45-6:30*	4:15-4:30* 4:30-6:30pm	4:30-5:45 +5:45-6:45*			
Senior Gold SRG	5:00-6:45am	5:00-6:45am	5:00-6:45am		5:00-6:45am	6:00-8:00am +8:00-9:00a*	Must Attend all 9 practices
	4:30-6:00pm	4:30-5:45pm +5:45-6:30*	4:15-4:30* 4:30-6:30pm	4:30-5:45 +5:45-6:45*			

There is no mandatory attendance, but the more attendance, the more improvement, consistency is the key of success!