



# Virginia Gators Practice Schedule

## **SENIOR GROUP**

Coach Doug Fonder – [dougfonder@gmail.com](mailto:dougfonder@gmail.com)

Kile Zeller – [kilezeller@gmail.com](mailto:kilezeller@gmail.com)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:30-7:00am	OFF	5:30-7:00am		5:30-7:00am	7:00-9:00am
PM	5:00-7:00pm	4:30-6:30pm	5:00-7:00pm	4:30-6:30pm	4:30-6:00pm**	

\*\*Friday afternoon is for 400-IMers and 500 and above freestylers ONLY!

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## **GOLD GROUP**

Coach Brett Fonder – [brett@viriniagators.com](mailto:brett@viriniagators.com)

Coach Kathy Fonder – [kathyfonder5@gmail.com](mailto:kathyfonder5@gmail.com)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM					5:30-7:00am	9:00-11:00am
PM	3:15-5:00pm	6:30-8:00pm	3:15-5:00pm	6:30-8:00pm	3:15-5:00pm	

\*\* Dryland schedule TBA\*\*

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## **MIGHTY GATOR GROUP**

Coach Kyndal Terrell – [4terrells@gmail.com](mailto:4terrells@gmail.com)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM	3:30-4:30pm	3:30-4:30pm	3:30-4:30pm	3:30-4:30pm	3:30-4:30pm	

### **BLUE GROUP**

Coach Jamie Hill

[Jhill122@gmail.com](mailto:Jhill122@gmail.com)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM	3:30-4:30pm	3:30-4:30pm	3:30-4:30pm	3:30-4:30pm	3:30-4:30pm	

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### **GATOR EGGS**

Two lessons per week M/W or T/TH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM	2:45-3:15pm	2:45-3:15pm	2:45-3:15pm	2:45-3:15pm		

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### **BLUE DEVELOPMENT**

Coach Jake Bridges

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						9:00-10:00am
PM		3:30-4:30pm		3:30-4:30pm		

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### **AGE GROUP & SENIOR DEVELOPMENT**

Coach Kelsey Burton

[kburton@rcps.us](mailto:kburton@rcps.us)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						
PM	7:00-8:00pm	7:00-8:00pm	7:00-8:00pm	7:00-8:00pm		