

Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-7pm	14-1	18-1	14-1	11-1	13-1		13-3
	14-2	17-1	14-2	17-1	13-2		13-1
	11-1	18-2	12-1	15-1	12-1		13-2

7-9pm	17-2		14-3	17-2	15-3		14-3
	15-3	16-1	16-2	16-1	17-3		16-2
	15-2	15-1	18-2	15-2	13-3		17-3

Team	Practice	S&C	S&C (Optional)
11-1	T - Th 5-7pm	Th 7-8pm	M 4-5pm
12-1	W - F 5-7pm	F 7-8pm	W 4-5pm
13-1	F - Su 5-7pm	F 7-8pm	Su 4-5pm
13-2	F - Su 5-7pm	F 7-8pm	Su 4-5pm
13-3	F 7-9pm, Su 5-7pm	F - 6-7pm	Su 4-5pm
14-1	M - W 5-7pm	M 7-8pm	W 4-5pm
14-2	M - W 5-7pm	M 7-8pm	W 4-5pm
14-3	W - Su 7-9pm	W 6-7pm	Su 6-7pm
15-1	T 7-9pm, Th 5-7pm	T 6-7pm	Th 7-8pm
15-2	M - Th 7-9pm	M 6-7pm	Th 6-7pm
15-3	M - F 7-9pm	F 6-7pm	M 5-6pm
16-1	T - Th 7-9pm	T 6-7pm	Th 6-7pm
16-2	W - Su 7-9pm	W 6-7pm	Su 6-7pm
17-1	T - Th 7-9pm	T 7-8pm	Th 7-8pm
17-2	M - Th 7-9pm	M 6-7pm	Th 6-7pm
17-3	F - Su 7-9pm	F 6-7pm	Su 6-7pm
18-1	T 5-7pm	T 7-8pm	Su 5-6pm
18-2	T 5-7pm, W 7-9pm	T 7-8pm	Su 5-6pm

Strength & Conditioning Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4-5pm	11-1		14-1, 14-2				13-1, 13-2
			12-1				13-3
5-6pm	15-3	Unavailable		Unavailable			18-1, 18-2
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7pm	15-2	16-1	14-3	17-2, 16-1	17-3, 15-3		17-3, 16-2
	17-2	15-1	16-2	15-2	13-3		14-3
7-8pm	14-1	18-1,18-2	Plyo 7:30-8:00pm	11-1	13-1, 13-2		
	14-2	17-1		17-1, 15-1	12-1		
8-9pm							