

2016-2017 FALL/SCHOOL PRACTICE SCHEDULE

Starts August 15, 2016

Girls Team:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Coach
Compulsory Bronze				4 - 6:30 pm		12:30 - 3 pm	Taylor
Compulsory Silver & Gold	4 - 7:45 pm		4 - 7:45 pm			11 - 3 pm	Nikki
Xcel Silver		5:45 - 8:15 pm		6:30 - 9 pm			Taylor
Xcel Optional: Gold & Platinum			3:45 - 7 pm		3:45 - 6:45 pm*	9 - 1 pm	Taylor
Level 6-9	3:45 - 7 pm	3:45 - 7:45pm		3:45 - 7:45pm	3:45 - 6:45pm*	9 - 1 pm	Heather
Level 6-9 Open Workout time*	3:15 - 3:45 pm				3:15 - 3:45 pm		
Bible Study L6-9 and XO						8:00 AM	

\* = Extra day option

Boys Team:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Coach
Level 4		4 - 6:15 pm			4:00 - 6:10 pm		Judah
Level 5		4 - 7 pm			4 - 7 pm	12 - 2:45 pm	Judah
Level 6/7	4 - 7 pm		4 - 7 pm	4 - 7 pm		9:30 - 12 pm	Judah
Level 8-10 & Open Optionals	3:30 - 7:15pm		3:30 - 7:30 pm	4:40 - 8:40 pm	3:30-6:30 pm*	9 - 1 pm	Judah
Bible Study (L8-10 & Open Opt)						8 - 9 am	