



2023 Practice Schedule

Starting TBD

*Ending Friday, July 21st *

Practices are Tuesday – Friday unless otherwise noted

<u>Gold Group:</u>	8:30-9:30am
<u>Silver Group:</u>	7:45-8:30am
<u>Bronze Group:</u>	7:45-8:30am
<u>Developmental:</u>	9:30-10:00am
<u>Pre-Team:</u>	Tues/Thurs 6:30-7:00pm

*It is important to be at practice ready to get in at least **TEN MINUTES** before your practice time.*

If unable to attend your assigned practice, see a coach to see when you can! Although not mandatory, it is very important for you to come to every practice.

*Except for swimmers who qualify for the Summer League Championships. Those practices TBD.