



2024-2025 Practice Schedule

Practice Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Practice Location	Practice Attendance
Novice Green		7:15-8:00am 5:45-6:30pm <i>Dryland 5:15-5:40pm</i>		7:15-8:00am 5:45-6:30pm	5:45-6:30pm <i>Dryland 5:15-5:40pm</i>		Deer Run	2-3 Practices per week
Novice Orange	5:45-6:45pm <i>Dryland 5:15-5:40pm</i>	7:00-8:00am	5:45-6:45pm <i>Dryland 5:15-5:40pm</i>	7:00-8:00am	5:45-6:45pm <i>Dryland 5:15-5:40pm</i>		Deer Run	2-4 Practices per week
Novice Blue	6:45-8:00am 6:45-8:00pm <i>Dryland 6:15-6:45pm</i>	6:30-7:45pm	6:45-8:00pm <i>Dryland 6:15-6:45pm</i>	6:30-7:45pm	6:45-8:00am 6:45-8:00pm	9:45-11:15am <i>Dryland 9:10-9:40am</i>	Deer Run	3-5 Practices per week
Age Group Green	6:45-8:00am <i>Deer Run</i> 4:30-6:00pm <i>Dryland 6:15-6:50pm</i>	4:30-6:00pm	4:30-6:00pm <i>Dryland 6:15-6:50pm</i>	4:30-6:00pm	6:45-8:00am <i>Deer Run</i> 5:15-6:45pm	9:45-11:15am <i>Dryland 9:10-9:40am</i> <i>Deer Run</i>	M-F Evening Practice @ Evergreen M & F Morning + Saturday @ Deer Run	4-5 Practices per week + Dryland
Age Group Orange	6:00-7:45pm <i>Dryland 5:10-5:50pm</i>	6:00-7:45pm	6:00-7:45pm <i>Dryland 5:10-5:50pm</i>	6:00-7:45pm	5:00-6:45pm	8:00-9:45am <i>Dryland 10:00-10:40am</i> <i>Deer Run</i>	Evergreen Sat AM @ Deer Run	5-6 Practices per week + Dryland
Senior Orange	5:00-7:00am	3:45-5:45pm <i>Dryland 6:00-6:45pm</i>	5:00-7:00am	3:45-5:45pm <i>Dryland 6:00-6:45pm</i>	5:00-7:00am	9:30-11:30am <i>Dryland 8:30-9:15am</i> <i>Evergreen</i>	M-F @ Deer Run Sat Practice @ Evergreen	6 Practices per week + 3 Drylands
Senior Blue	5:30-7:00 am 3:30-6:30pm <i>Swim + Dryland</i>	4:45-7:00am	5:30-7:00 am 3:30-6:30pm <i>Swim + Dryland</i>	4:45-7:00am	5:30-7:00 am 3:30-6:30pm <i>Swim + Dryland</i>	7:00-9:30 AM	AM + Saturday @ Evergreen PM Practices @ Deer Run	Coaches Plan
								*Updated 7/3/2024