

Practice Schedule (2025-2026)

| Hampshire College (HC) | | | | | | | |
|------------------------|---------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-------------------------------------|---------------|
| | Mon | Tue | Wed | Thur | Fri | Sat | Sun |
| T-AG 1 | 4:00-5:15pm | | 4:00-5:15pm | | | | 2:15-3:30pm |
| T-AG 2 | 3:45-5:15pm | | 3:45-5:15pm | | 3:45-5:15pm | | 2:00-3:30pm |
| T-Prep | 5:15-7:00pm | | 5:15-7:00pm | | 5:15-7:00pm | 1:15-3:00pm | 10:15-12:00pm |
| T-Senior 1 | | 7:00-9:00pm | | 7:00-9:00pm | | | 12:00-2:00pm |
| T-Senior 2 | 6:30-8:30pm @ EB | 6:15-7:00pm 7:00-9:00pm | | 6:15-7:00pm 7:00-9:00pm | 7:00-9:00pm | | 12:00-2:00pm |
| T-Sectionals | 7:00-9:00pm | 5:30-7:00am 4:30-7:00pm | 5:45-6:45pm 7:00-9:00pm | 4:30-7:00pm | 5:45-6:45pm 7:00-9:00pm | 9:30-10:30am 10:45-1:15pm | |
| NMH (9/3 - 11/20) | | 4:00-6:00pm @ NMH | 1:30-3:30pm @ NMH | | | 10:45-1:15pm @HC | |

BOLD = Weightroom/Dryland*

EB = Eaglebrook School

NMH - Northfield Mount Hermon School