

Competitive Program Groups 2023-24

Training Days, Times & Locations

[Cascade Long Term Athlete Development](#)

Olympic Way (ages 6-8)

2 x 90min + 1 x 60min/ week

Monday & Wednesday

4:00-5:30 PM (**Seton**)

Friday

4:00-5:00 PM (**Canyon Meadows**)

JAG White (ages 9-12)

2 x 90min + 1 x 60min/ week

Tuesday & Thursday

4:00-5:30 PM (**Seton**)

Friday

5:00-6:00 PM (**Canyon Meadows**)

JAG Gold (ages 8-11)

4 x 90min/week + dryland training

Monday, Tuesday & Thursday

5:30-7:00 PM (Dryland 4:45-5:20)

Friday

5:30-7:00 PM *No dryland on Fridays

All practices at Seton

JAG Blue (ages 11-13)

4 x 90min/week + dryland training

Tuesday, Wednesday & Thursday

5:30-7:00 PM (Dryland 4:45-5:20)

Friday

4:00-5:30 PM *No dryland on Fridays

All practices at Seton