

**Short Course 2025-26 SFST Practice Schedule**

| Midco Practice Schedule |  |  |  |  |  |  |  |  |  |
|-------------------------|--|--|--|--|--|--|--|--|--|
|-------------------------|--|--|--|--|--|--|--|--|--|

| <u>Monday</u>         | <u>Tuesday</u>           | <u>Wednesday</u>      | <u>Thursday</u>          | <u>Friday</u>         | <u>Saturday</u>                  |
|-----------------------|--------------------------|-----------------------|--------------------------|-----------------------|----------------------------------|
|                       | Blue 2 & 3 - 5:30-7:00am |                       | Blue 2 & 3 - 5:30-7:00am |                       |                                  |
|                       |                          |                       |                          |                       | Blue 2 & 3 - 9:00-11:00am        |
|                       |                          |                       |                          |                       | Blue 1 & White 3 - 11:00-12:00pm |
| Blue 3 - 4:00-5:45pm  | Blue 3 - 4:00-5:45pm     | Blue 3 - 4:00-5:45pm  | Blue 3 - 4:00-5:45pm     | Blue 3 - 4:00-5:45pm  |                                  |
| Blue 2 - 4:15-5:45pm  | Blue 2 - 4:15-5:45pm     | Blue 2 - 4:15-5:45pm  | Blue 2 - 4:15-5:45pm     | Blue 2 - 4:15-5:45pm  |                                  |
| Blue 1 - 5:30-7:00pm  | Blue 1 - 5:30-7:00pm     | Blue 1 - 5:30-7:00pm  | Blue 1 - 5:30-7:00pm     | Blue 1 - 5:45-7:00pm  |                                  |
| Red 3 - 5:45-6:45pm   | Red 3 - 5:45-6:45pm      | Red 3 - 5:45-6:45pm   | Red 3 - 5:45-6:45pm      | White 3 - 5:45-7:00pm |                                  |
| Red 2 - 5:45-6:45pm   | Red 2 - 5:45-6:45pm      | Red 2 - 5:45-6:45pm   | Red 2 - 5:45-6:45pm      | White 2 - 5:45-7:00pm |                                  |
| White 3 - 6:30-8:00pm | White 3 - 6:30-8:00pm    | White 3 - 6:30-8:00pm | White 3 - 6:30-8:00pm    | Red 3 - 5:45-6:45pm   |                                  |
| White 2 - 6:30-8:00pm | White 2 - 6:30-8:00pm    | White 2 - 6:30-8:00pm | White 2 - 6:30-8:00pm    |                       |                                  |
| White 1 - 7:00-8:00pm | White 1 - 7:00-8:00pm    | White 1 - 7:00-8:00pm | White 1 - 7:00-8:00pm    |                       |                                  |
|                       |                          |                       |                          |                       |                                  |

EmBe Fall Schedule September and October 2025

| <u>Monday</u>             | <u>Tuesday</u>            | <u>Wednesday</u>          | <u>Thursday</u>           | <u>Friday</u> |  |
|---------------------------|---------------------------|---------------------------|---------------------------|---------------|--|
| White 1B: 4:30-5:30pm     | White 1B: 4:30-5:30pm     | White 1B: 4:30-5:30pm     | White 1B: 4:30-5:30pm     |               |  |
| Red 1B: 5:30-6:15pm       | Red 1A: 5:30-6:15pm       | Red 1B: 5:30-6:15pm       | Red 1A: 5:30-6:15pm       |               |  |
| Fall League 8-10 : 6:15-7 | Fall League 8-10 : 6:15-7 | Fall League 8-10 : 6:15-7 | Fall League 8-10 : 6:15-7 |               |  |
| Fall League 11&Up 7-7:45  | Fall League 11&Up 7-7:45  | Fall League 11&Up 7-7:45  | Fall League 11&Up 7-7:45  |               |  |
|                           |                           |                           |                           |               |  |
|                           |                           |                           |                           |               |  |