

SORA will have an adjusted practice schedule as follows for the remainder of August:

Week of 8/4 Mon-Tues morning 7-8:30am and Fri evening 5:30-7pm. Evenings we will be sharing with SORA members until after labor day, so please keep in mind we will have reduced lanes.

Week of 8/11 - No practices; you are welcome to attend UH.

Week of 8/18 - Mon-Thurs from 5:30-7pm.

Week of 8/25 - Milt Nelms in town - TBD

Week of Sep 1 - Mon TBD; Sept 2nd return to normal Mon-Fri from 5:30-7pm.

Thanks,

Coach Lisa