

2024 / 2025 Season Schedule (Subject to change if needed) as of 7.17.24							
Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sr Gold Elite	5:30-7:30 AM @ SSC			5:30-7:30 AM @ SSC		8-11:00 AM @ SSC	
	6:45-9:00 PM @SWAT	6:45-9:00 PM @SWAT	4:00-6:00 PM @ SSC	6:45-9:00 PM @SWAT	4:00-6:00 PM @ SSC		
Sr Gold all practices at SSC	5:30-7:30 AM 6:30-8:15 PM			5:30-7:30 AM 7:15-9:00 PM			8-10:00 AM
		7:15-9:00 PM	6:00-8:00 PM		6:00-8:00 PM		
Sr Fit all practices at SSC				5:30-7:30 AM 6:00-7:00 PM			8-9:00 AM
	6:30-7:30 PM						
Silver Plus all practices at SSC				5:30-7:00 AM 7:15-8:45 PM			8:00-10:00 AM
	6:30-8:15 PM	7:15-8:45 PM	6:00-7:45 PM		6:00-7:45 PM		
Silver all practices @ SSC	5:00-6:30 PM	6:00-7:30 PM		6:00-7:30 PM		11-12:30	10-11:30 AM
Bronze all practices @ SSC	4:00-5:15 PM	4:00-5:15 PM		4:00-5:15 PM		11-12:15 PM	10-11:15 AM
Developmental Plus all practices @ SSC		5:15-6:15 PM		5:15-6:15 PM		12:30-1:30 PM	11:15-12:15 PM
Developmental all practices @ SSC		5:15-6:15 PM		5:15-6:15 PM		12:30-1:30 PM	11:15-12:15 PM
Mini Blue all practices @ SSC	5-5:45 PM			6-6:45 PM			12:15-1:15 PM
Mini Gold all practices @ SSC	5:45-6:30 PM			6:45-7:30 PM			12:15-1:15PM
Pre Team all practices @ SSC	5-5:45 PM			5-5:45 PM			
Gold elite, Gold, Silver Plus, Silver, Bronze, Developmental Plus and Developmental being on Sept 9 2024							
Mini Blue, Mini Gold, Preteam begin on Sept 16 2024							