



ROCKLAND PRACTICE SCHEDULE

Sept. 2025 - Nov. 2025

Families must routinely check the [Google Calendar](#) for changes to the regular schedule!

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Future Stars	6:30-7:00pm @ Festa	7:30-8:00pm @ Festa	6:30-7:00pm @ Festa		7:30-8:00pm @ Festa	10:00-11:00am @ Festa	
Bronze	6:30-7:30pm @ Festa	7:00-8:00pm @ Festa	6:30-7:30pm @ Festa		7:30-8:30pm @ Festa	12:00-1:00pm @ Festa	
Junior Varsity	5:30-6:30pm @ Festa	5:30-6:30pm @ Festa	5:30-6:30pm @ Festa			11:30am-12:30pm @ Festa	
Silver	5:30-7:00pm @ Festa	5:30-7:00 pm @ Festa	5:30-7:00 pm @ Festa		7:30-9:00pm @ Festa	10:00-11:30am @ Festa	
Gold	5:30-7:30pm @ Festa	6:30-8:00pm @ Festa	5:30-7:30pm @ Festa		7:30-9:30pm @ Festa	11:00am-1:00pm @ Festa	11:00am-1:00pm @ Festa
Gold Elite	5:30-7:30pm @ Festa	6:00-8:00pm @ Festa	5:30-7:30pm @ Festa		7:30-9:30pm @ Festa	11:00am-1:00pm @ Festa	11:00am-1:00pm @ Festa
Senior Prep	5:30-7:30pm @ Festa	5:30-7:30pm @ Festa	5:30-7:30pm @ Festa	5:45-7:30pm @ RCC	7:30-9:30pm @ Festa	10:00am-12:00pm @ Festa	
Senior 1	5:30-7:30pm @ Festa	5:30-7:30pm @ Festa	5:30-7:30pm @ Festa	5:45-7:45pm @ RCC	7:30-9:30pm @ Festa	10:00am-12:00pm @ Festa	
Senior	5:30-7:30pm @ Festa	5:30-8:00pm @ Festa	5:30-7:30pm @ Festa	5:45-8:00pm @ RCC	7:30-9:30pm @ Festa	10:00am-1:00pm @ Festa	

*Senior Dryland Mon/Wed/Fri TBD - more information to follow

*Senior AM's will be Tue. & Thu. 5:30 - 6:45 am.

*Gold/Gold Elite Dryland: Tuesday (Gold Elite 5:30-5:55 / Gold 5:55-6:25), Friday (7-7:25pm), Sunday (10-10:25am)

*Silver Dryland: Tuesday 7:10-7:30, Saturday 11:40-12:00

*Bronze Dryland: Tuesday 6:45-6:55, Saturday 11:45-11:55

*Future Stars Dryland: Monday/Wednesday 6:15-6:25