

SCSC Practice Schedule | August 11, 2025 – November 17, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior (80% Attendance)	3:45-5:30pm (5:30-6:30pm Weightlifting)	(6:00-7:00am 80% Invite Only) 3:45-5:30pm (5:30-6:30pm Dryland)	3:45-5:30pm (5:30-6:30pm Weightlifting)	(6:00-7:00am 80% Invite Only) 3:45-5:30pm (5:30-6:30pm Dryland)	3:45-5:30pm (5:30-6:30pm Weightlifting)	As Scheduled
Junior 1 (70% Attendance)	6:45-8:15pm	6:45-8:15pm (5:45-6:30pm Dryland)	6:45-8:15pm	6:45-8:15pm (5:45-6:30pm Dryland)	6:45-8:15pm	As Scheduled
Junior 2 (70% Attendance)	6:45-8:15pm	6:45-8:15pm (5:45-6:30pm Dryland)	6:45-8:15pm	6:45-8:15pm (5:45-6:30pm Dryland)	6:45-8:15pm	As Scheduled
Competitive 1 (60% Attendance)	5:30-7:00pm (6:45-7:00pm Dryland)	5:30-7:00pm (6:45-7:00pm Dryland)	5:30-7:00pm (6:45-7:00pm Dryland)	5:30-7:00pm (6:45-7:00pm Dryland)	5:30-6:45pm	As Scheduled
Competitive 2 (50% Attendance)	5:30-7:00pm (6:45-7:00pm Dryland)	5:30-7:00pm (6:45-7:00pm Dryland)	5:30-7:00pm (6:45-7:00pm Dryland)	5:30-7:00pm (6:45-7:00pm Dryland)	5:30-6:45pm	As Scheduled
Competitive 3 (40% Attendance)	5:30-7:00pm (6:45-7:00pm Dryland)	5:30-7:00pm (6:45-7:00pm Dryland)	5:30-7:00pm (6:45-7:00pm Dryland)	5:30-7:00pm (6:45-7:00pm Dryland)	5:30-6:45pm	As Scheduled

Updated 8/13/25