

SCSC Practice Schedule | November 17, 2025 – March 6, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior NHS (80% Attendance)	6:45-8:15pm (5:30-6:30pm Weightlifting)	6:45-8:15pm	6:45-8:15pm (5:30-6:30pm Weightlifting)	6:45-8:15pm	6:45-8:15pm (5:30-6:30pm Weightlifting)	As Scheduled
Junior 1 (70% Attendance)	6:45-8:15pm	6:45-8:15pm (TBD-Dryland)	6:45-8:15pm	6:45-8:15pm (TBD-Dryland)	6:45-8:15pm	As Scheduled
Junior 2 (70% Attendance)	6:45-8:15pm	6:45-8:15pm (TBD-Dryland)	6:45-8:15pm	6:45-8:15pm (TBD-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 11/9/25