



2023 Spring Practice Schedule

Beverly - Sterling

Effective Monday, May 1st

Group	Day	Time	Coach	Stretching/Dryland
Pre Team	Tu / Fr	4:00pm - 5:00pm	Erik / Dede / Caleb	None
Bronze	M W / Th	4:00pm - 5:00pm 4:00pm - 5:00pm	Dede Jackie	None
Silver	M W Th F	5:00pm - 6:00pm 5:00pm - 6:00pm 5:00pm - 6:15pm 5:00pm - 6:00pm	Dede Jackie Jackie Laura / Dede	TBA
Gold	M Tu W F Sat	6:00pm - 7:30pm 5:00pm - 6:30pm 6:00pm - 7:30pm 6:00pm - 7:30pm 7:30am - 9:30am	Dave Jackie Jackie Laura / Dave Jackie	TBA
Pre Senior	M / W / F Tu Th Sat	5:45pm - 7:30pm 5:45pm - 7:30pm 6:00pm - 7:30pm 7:00am - 9:30am	Dave Laura Dave Dave / Jack	TBA
Senior	M / Tu / W Th F Sat	4:00pm - 5:45pm 4:00pm - 6:00pm 4:00pm - 5:45pm 7:00am - 9:30am	Dede Dave Dede Dede	TBA
Senior Elite	M - Th F Sat	4:00pm - 6:00pm 4:00pm - 6:15pm 7:00am - 9:30am	Dave Dave Dave & Jack	TBA

Updated 5/1/23