



2023 Spring Practice Schedule

Ipswich

Effective Tuesday April 11th

Group	Day	Time	Coach	Dryland /Stretching
PreTeam	W	3:45pm - 4:45pm	Erik	None
	Sat	8:00am - 9:00am	Erik	
Bronze	M	4:00pm - 5:00pm	Caleigh	None
	W	4:45pm - 5:45pm	Erik	
	F	3:30pm - 4:30pm	Caleigh	
Silver	M	5:00pm - 6:00pm	Caleigh/Jackie	TBA
	W	5:45pm - 6:45pm	Caleigh	
	Th	4:00pm - 5:00pm	Caleigh	
	F	4:30pm - 5:30pm	Caleigh	
Gold	M	6:00pm - 7:30pm	Caleigh	TBA
	Tu	5:45pm - 6:45pm	Kelly	
	W	6:45pm - 8:15pm	Caleigh	
	Th	5:00pm - 6:30pm	Kelly	
	Sat AM	7:30am - 9:30am (@ GBY)	Jackie	
Senior	M	6:00pm - 7:30pm	Jackie	TBA
	Tu	6:45pm - 8:30pm	Kelly	
	W	4:00pm - 5:45pm (@ GBY)	Dave / Dede	
	Th	6:30pm - 8:15pm	Kelly	
	F	5:30pm - 7:00pm	Jackie	
Senior Elite	M	6:00pm - 7:30pm	Jackie	TBA
	Tu	6:45pm - 8:30pm	Kelly	
	W	4:00pm - 6:00pm (@ GBY)	Dave	
	Th	6:30pm - 8:15pm	Kelly	
	F	5:30pm - 7:00pm	Jackie	
Senior Elite	Sat AM	7:00am - 9:30am (@ GBY)	Dave / Jack	TBA

Updated 3/31/23