



2023 Spring Practice Schedule

Salem

Effective Tuesday April 11th

Group	Day	Time	Coach	Dynamic Stretching/ Dryland
Pre Team	Tu / F	5:30pm - 6:30pm	Erik	None
Bronze	M / W / F	3:30pm - 4:30pm	Gina	None
Silver	M Tu / Th F	4:30pm - 5:30pm 3:30pm - 4:30pm 3:30pm - 4:30pm	Gina Gina Gina	TBA
Gold	M - Th F Sat	4:15pm - 5:30pm 3:30pm - 4:30pm 7:30am - 9:30am (@ GBY)	Gina Gina Jackie	TBA
Senior	M - Th F Sat	4:15pm - 6:15pm 3:30pm - 5:30pm 7:00am - 9:30am (@ GBY)	Gina Gina Dave / Jack	TBA
Senior Elite	M - Th F Sat	4:15pm - 6:15pm 3:30pm - 5:30pm 7:00am - 9:30am (@ GBY)	Gina Gina Dave / Jack	TBA

Updated 3/31/23