



2023-2024 FALL Practice Schedule

Beverly - Sterling

Effective Monday, August 28th

Group	Day	Time	Coach	Stretching/Dryland
Pre Team	Tu / Fr	4:00pm - 5:00pm	Erik / Jackie	None
Bronze	M/W/Th	4:00pm - 5:00pm	Jackie	TBA
Silver	M/W/Th F	5:00pm - 6:15pm 5:00pm - 6:00pm	Jackie Jackie	TBA
Gold	M/W Tu F Sat	6:15pm - 7:30pm 5:00pm - 6:30pm 6:00pm - 7:30pm 7:00am - 9:00am	Jackie Jackie Dave Jackie	TBA
Pre Senior	M/W/Th Tu F Sat	5:45pm - 7:30pm 5:45pm - 7:15pm 6:00pm - 7:30pm 7:00am - 9:00am	Dave Laura Dave Dave	M / W / F 7:30pm - 8:00pm
Senior	M-Th F Sat	4:00pm - 5:45pm 4:00pm - 6:00pm 6:30am - 9:00am	Dede / Dave Dede Dede	M / W / F 3:00pm - 3:50pm (Optional)
Senior Elite	M-F Sat	4:00pm - 6:00pm 6:30am - 9:00am	Dave Dave	M / W / F 3:00pm - 3:50pm Sat 9:10am - 10:00am

Updated 8/10/23