



2024 SPRING Practice Schedule

Beverly - Sterling

Effective Tuesday, April 2nd

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

Updated 3/28/2024