



2023 SUMMER Practice Schedule

Beverly - Sterling

Effective Monday, June 26th

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

Updated 6/16/23