



2023 SUMMER Practice Schedule

Marblehead - LvO

Effective Monday, June 26th

Group	Day	Time	Coach	Stretching/Dryland
Pre Team	M / Th	3:45pm - 4:45pm	Erik	
Bronze	M W / F	4:45pm - 5:45pm 3:45pm - 4:45pm	Sue / Emily	
Silver	M / T W / F M / W / F	4:45pm - 5:45pm 3:45pm - 4:45pm OR 5:45pm - 6:45pm	Sue / Emily Jack	
Gold	M / T / W / F Sat	5:45pm - 7:15pm 7:00am - 9:00am (@GBY)	Jen / Jack Jackie / Dede	T 5:15pm - 5:45pm F 7:15pm - 7:45pm
Pre Senior	M / F W T / Th Sat	5:45pm - 7:15pm 4:30pm - 6:15pm (@ GBY) 4:45pm - 6:15pm 6:30am - 9:00am (@ GBY)	Jack	M 7:15pm - 7:45pm Th 6:15pm - 6:45pm
Senior	M / W / F Tu / Th Sat	7:00am - 8:45am 6:30am - 9:00am 6:30am - 9:00am (All Practices @ GBY)	Jack / Dave	None
Senior Elite	M / W / F Tu / Th Sat	7:00am - 9:00am 6:30am - 9:00am 6:30am - 9:00am (All Practices @ GBY)	Jack / Dave	M / W / F 9:00am - 10:00am

Updated 6/16/23