



2023 Spring Practice Schedule

Marblehead - LVO

Effective Tuesday April 11th

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

Updated 5/08/23