



2024-2025 Short Course Season

Practice Schedule

Marblehead - LvO

Effective Monday September 9th

Group	Day	Time	Coach	Dryland
Pre Team	T/Th	4:00pm-5:00pm	Coach Sue & Coach Murph	N/A
Bronze	M/W/F	4:00pm-5:00pm	Coach Sue & Coach Murph	N/A
Silver	M/T/Th/F	5:00pm-6:15pm	Coach Sue & Coach Murph	N/A
Gold	M/T/W/F Sat.	6:15pm-7:45pm 9:00am-10:30am	Coach Jack & Coach Jen	Sat. 8:00am-8:45am
Pre Senior	M/W/F T/Th Sat.	4:00pm-5:45pm 3:45pm-5:45pm 7:00am-9:00am	Coach Jack	M/W 3:00pm-3:50pm Sat. 9:15am-10:15am
Senior	M/W/F T/Th Sat.	4:00pm-5:45pm 3:45pm-5:45pm 7:00am-9:00am	Coach Jack	M/W 3:00pm-3:50pm Sat. 9:15am-10:15am

Practice @ GBY

Updated 10/11/2024