



2025-2026 Short Course Season

Practice Schedule

Marblehead - LvO

Effective: Tuesday September 2nd

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 Coach Simon	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 Simon	M/W 5:15pm-6:00pm Sat. 8:00am-8:45am
Senior	M/W/F T/Th Sat.	4:00pm-5:45pm 4:00pm-6:00pm 7:00am-9:00am	Coach Jack Coach Simon	M/W 3:00pm-3:50pm Sat. 9:15am-10:15am
Senior-Elite	M-F Sat.	4:00pm-6:00pm 7:00am-9:00am	Coach Jack	M/W 3:00pm-3:50pm Sat. 9:15am-10:15am

Updated 11/13/2025

*Saturday Mornings are at the Beverly Y for association practice