



# 2024 Spring

## YNS LVO Practice Schedule

### Effective Tuesday, April 2nd

| Group               | Day                              | Time                                                                                                        | Coach                                                | Dryland/Stretching      |
|---------------------|----------------------------------|-------------------------------------------------------------------------------------------------------------|------------------------------------------------------|-------------------------|
| <b>Pre Team</b>     | M/Th                             | 3:45pm - 4:45pm                                                                                             | Sue/Murph                                            | N/A                     |
| <b>Bronze</b>       | Tu/W/ F                          | 3:45pm - 4:45pm                                                                                             | Sue/Murph                                            | 3:30pm - 3:45pm         |
| <b>Silver</b>       | M/Tu/Th/<br>F                    | 4:45pm - 6:00pm                                                                                             | Sue                                                  | 4:30pm - 4:45pm         |
| <b>Gold</b>         | M/Tu/F<br>W<br>Sat               | 6:00pm - 7:30pm<br>6:30pm - 8:00pm<br>7:00am - 9:00am<br>(at Beverly)                                       | Jen/Jack<br><br>Jack                                 | TBD                     |
| <b>Pre Senior</b>   | M/Th<br>W<br><br>Tu/F<br><br>Sat | 5:30pm - 7:15pm<br>5:45pm-7:30pm<br>(at Beverly)<br>6:30pm - 8:15pm<br><br>7:00am - 9:00am<br>(at Beverly)  | Jack<br>Jack/Dave<br><br><br>Garrett/Jack            | TBD                     |
| <b>Senior</b>       | M/Th<br>W<br><br>Tu/F<br><br>Sat | 3:45pm - 5:30pm<br>4:00pm-5:45pm<br>(at Beverly)<br>4:45pm - 6:30pm<br><br>6:30am - 9:00am<br>(at Beverly)  | Jack<br>Jack/Dede<br><br>Jack/Murph<br><br>Jack/Dede | TBD                     |
| <b>Senior Elite</b> | M/Th<br>W<br><br>Tu/F<br><br>Sat | 3:45pm - 5:45pm<br>4:00pm-6:00 pm<br>(at Beverly)<br>4:45pm - 6:45pm<br><br>6:30am - 9:00am<br>(at Beverly) | Jack<br><br><br>Jack/Dave                            | Sat<br>9:10am - 10:00am |

Updated 3/28/24