



2024 SUMMER Practice Schedule

Marblehead - LvO

Effective Tuesday, June 18th

Group	Day	Time	Coach	Stretching/Dryland
Pre Team	T / TH	4:45pm - 5:45pm	Sue / Murph	
Bronze	M / W / F	4:45pm - 5:45pm	Sue / Murph	
Silver	M/T/TH/F	4:45pm - 6:00pm	Sue / Murph	
Gold	M/T/W/F	5:45pm - 7:15pm	Jen / Jack	
	Sat	7:30am - 9:00am	Jack	
Pre Senior	M-S	7:00am - 9:00am	Jack	M/W 9:00 - 10:00 am
Senior	M-S	7:00am - 9:00am	Jack	T/TH 9:00 - 10:00 am
Senior Elite	M-S	7:00am - 9:00am	Jack	T/TH 9:00 - 10:00 am

Updated 6/6/24