| SENIOR PRACTICE SCHEDULE | | | | |
|---------------------------------|--------|----------------|---------------|--|
| | | SENIORS Early | SENIOR Later | MEETS / NOTES |
| Saturday | 1-Oct | OFF | OFF | Weekend off for Snr Athlete College Visits |
| Sunday | 2-Oct | OFF | OFF | Weekend off for Snr Athlete College Visits |
| Monday | 3-Oct | 3:30 - 5:05pm | 7:15 - 8:50pm | |
| Tuesday | 4-Oct | 3:30 - 5:05pm | 7:15 - 8:50pm | |
| Wednesday | 5-Oct | 3:30 - 5:05pm | 7:15 - 8:50pm | |
| Thursday | 6-Oct | 3:30 - 5:00pm | 8:00 - 9:30pm | |
| Friday | 7-Oct | 5:00 - 7:00pm | OFF | |
| Saturday | 8-Oct | 12:00 - 2:00pm | OFF | VIDEO DAY |
| Sunday | 9-Oct | OFF | OFF | |
| Monday | 10-Oct | 3:30 - 5:05pm | 7:15 - 8:50pm | |
| Tuesday | 11-Oct | 3:30 - 5:05pm | 7:15 - 8:50pm | |
| Wednesday | 12-Oct | 3:30 - 5:05pm | 7:15 - 8:50pm | |
| Thursday | 13-Oct | 3:30 - 5:00pm | 8:00 - 9:30pm | |
| Friday | 14-Oct | 5:00 - 7:00pm | OFF | |
| Saturday | 15-Oct | 12:00 - 2:30pm | OFF | VIDEO DAY |
| Sunday | 16-Oct | OFF | OFF | |
| Monday | 17-Oct | 3:30 - 5:05pm | 7:15 - 8:50pm | |
| Tuesday | 18-Oct | 3:30 - 5:05pm | 7:15 - 8:50pm | |
| Wednesday | 19-Oct | 3:30 - 5:05pm | 7:15 - 8:50pm | |
| Thursday | 20-Oct | 3:30 - 5:00pm | 8:00 - 9:30pm | |
| Friday | 21-Oct | 5:00 - 6:00pm | OFF | |
| Saturday | 22-Oct | CHAPPYS | CHAPPYS | CHAPPYS @ LONG ISLAND NY |
| Sunday | 23-Oct | OFF | OFF | |
| Monday | 24-Oct | 3:30 - 5:05pm | 7:15 - 8:50pm | |
| Tuesday | 25-Oct | 3:30 - 5:05pm | 7:15 - 8:50pm | |
| Wednesday | 26-Oct | 3:30 - 5:05pm | 7:15 - 8:50pm | |
| Thursday | 27-Oct | 3:30 - 5:00pm | 8:00 - 9:30pm | |
| Friday | 28-Oct | 5:00 - 7:00pm | OFF | |
| Saturday | 29-Oct | 12:00 - 3:00pm | OFF | |
| Sunday | 30-Oct | OFF | OFF | VIDEO ANALYSLIS CLINICS |
| Monday | 31-Oct | 3:30 - 5:05pm | 7:15 - 8:50pm | |
| ADUISTMENTS TO SCHEDUILE IN BED | | | | |

ADJUSTMENTS TO SCHEDULE IN RED