## Deerfield 2025/2026 Holiday Practice Schedule

Week 1: 12/22-12/27

Monday 12/22       6:45a-7:00a       7:00a-8:45a       9:00a-9         Tuesday 12/23       6:45a-7:00a       7:00a-8:45a       9:00a-9         Mednesday 12/24       7:45a-8:00a       8:00a-10:00a       X         NO PRACTICE         Friday 12/26       6:45a-7:00a       7:00a-8:45a       9:00a-9         Taising 12:30p-2:00p       X         Monday 12/22       8:30a-8:45a       8:45a-10:15a       TBI         Tuesday 12/23       8:30a-8:45a       8:45a-10:15a       TBI         Tuesday 12/23       12:15p-12:30p       12:30p-2:00p       X         Wednesday 12/24       7:45a-8:00a       8:00a-10:00a       X         NO PRACTICE							
Tuesday 12/23         12:15p-12:30p         12:30p-2:00p         X           Wednesday 12/24         7:45a-8:00a         8:00a-10:00a         X           Thursday 12/25         NO PRACTICE           Friday 12/26         6:45a-7:00a         7:00a-8:45a         9:00a-9           12:15p-12:30p         12:30p-2:00p         X           Saturday 12/27         6:45a-7:00a         7:00a-8:45a         X           Monday 12/22         8:30a-8:45a         8:45a-10:15a         TB           Tuesday 12/23         8:30a-8:45a         8:45a-10:15a         TB           12:15p-12:30p         12:30p-2:00p         X           Wednesday 12/24         7:45a-8:00a         8:00a-10:00a         X	:45a						
12:15p-12:30p         12:30p-2:00p         X           Wednesday 12/24         7:45a-8:00a         8:00a-10:00a         X           Thursday 12/25         NO PRACTICE           Friday 12/26         6:45a-7:00a         7:00a-8:45a         9:00a-9           12:15p-12:30p         12:30p-2:00p         X           Monday 12/27         8:30a-8:45a         8:45a-10:15a         TB           Tuesday 12/23         8:30a-8:45a         8:45a-10:15a         TB           12:15p-12:30p         12:30p-2:00p         X           Wednesday 12/24         7:45a-8:00a         8:00a-10:00a         X							
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Monday 12/27   6:45a-7:00a   7:00a-8:45a   X							
Tuesday 12/23 8:30a-8:45a 8:45a-10:15a TBI 12:15p-12:30p 12:30p-2:00p X Wednesday 12/24 7:45a-8:00a 8:00a-10:00a X							
Tuesday 12/23 8:30a-8:45a 8:45a-10:15a TBI 12:15p-12:30p 12:30p-2:00p X Wednesday 12/24 7:45a-8:00a 8:00a-10:00a X							
Tuesday 12/23  12:15p-12:30p  12:30p-2:00p  X  Wednesday 12/24  7:45a-8:00a  8:00a-10:00a  X	D						
12:15p-12:30p   12:30p-2:00p   X   Wednesday 12/24   7:45a-8:00a   8:00a-10:00a   X	D						
8:30a-8:45a 8:45a-10:15a TB	D						
Friday 12/26 12:15p-12:30p 12:30p-2:00p X							
Saturday 12/27 8:30a-8:45a 8:45a-10:15a X							
5.550 5.750 5.750 A							
Monday 12/22 10:00a-10:15a 10:15a-11:30a TB	D						
Tuesday 12/23 10:00a-10:15a 10:15a-11:30a TB	D						
Wednesday 12/24 NO PRACTICE							
Silver 3 Thursday 12/25 NO PRACTICE							
Friday 12/26 10:00a-10:15a 10:15a-11:30a TB	D						
Saturday 12/27 10:00a-10:15a 10:15a-11:30a X							
Monday 12/22 10:00a-10:15a 10:15a-11:30a X							
Tuesday 12/23 10:00a-10:15a 10:15a-11:30a X							
Wednesday 12/24 NO PRACTICE							
Silver 2 Thursday 12/25 NO PRACTICE	NO PRACTICE						
Friday 12/26 10:00a-10:15a 10:15a-11:30a X							
Saturday 12/27 10:00a-10:15a 10:15a-11:30a X							
Monday 12/22 11:15a-11:30a 11:30a-12:30p X							
Tuesday 12/23 11:15a-11:30a 11:30a-12:30p X							
Silver 1 Wednesday 12/24 NO PRACTICE							
Thursday 12/25 NO PRACTICE	NO PRACTICE						
Friday 12/26 11:15a-11:30a 11:30a-12:30p <b>X</b>							
Saturday 12/27 NO PRACTICE							
Monday 12/22 11:15a-11:30a 11:30a-12:30p <b>X</b>							
Tuesday 12/23 11:15a-11:30a 11:30a-12:30p <b>X</b>							
Bronze Wednesday 12/24 NO PRACTICE	NO PRACTICE						
Thursday 12/25 NO PRACTICE	NO PRACTICE						
Friday 12/26 11:15a-11:30a 11:30a-12:30p <b>X</b>							
Saturday 12/27 NO PRACTICE							
Monday 12/22 8:45a-9:00a 9:00a-10:00a X							
Developmental 2 Tuesday 12/23 8:45a-9:00a 9:00a-10:00a X							
Wednesday 12/24 NO PRACTICE	NO PRACTICE						
Thursday 12/25 NO PRACTICE							
Developmental 3 Friday 12/26 NO PRACTICE	NO PRACTICE						
Saturday 12/27 NO PRACTICE							

## Deerfield 2025/2026 Holiday Practice Schedule

## Week 2: 12/29-1/3

Practice Group	Day	Warm up to Swim	Water	Dryland		
Senior	Monday 12/29	6:45a-7:00a	7:00a-8:45a	9:00a-9:45a		
	Tuesday 10/20	6:45a-7:00a	7:00a-8:45a	9:00a-9:45a		
	Tuesday 12/30	12:15p-12:30p	12:30p-2:00p	Х		
	Wednesday 12/31	7:45a-8:00a	8:00a-10:00a	Х		
	Thursday 1/1	NO PRACTICE				
	Friday 1/2	6:45a-7:00a	7:00a-8:45a	9:00a-9:45a		
		12:15p-12:30p	12:30p-2:00p	Х		
	Saturday 1/3	6:45a-7:00a	7:00a-8:45a	Х		
Gold	Monday 12/29	8:30a-8:45a	8:45a-10:15a	TBD		
	Tuesday 12/30	8:30a-8:45a	8:45a-10:15a	TBD		
		12:15p-12:30p	12:30p-2:00p	Х		
	Wednesday 12/31	7:45a-8:00a	8:00a-10:00a	Х		
	Thursday 1/1	NO PRACTICE				
	Friday 1/2	8:30a-8:45a	8:45a-10:15a	TBD		
	Triddy 1/2	12:15p-12:30p	12:30p-2:00p	Х		
	Saturday 1/3	8:30a-8:45a	8:45a-10:15a	Х		
	Monday 12/29	10:00a-10:15a	10:15a-11:30a	TBD		
	Tuesday 12/30	10:00a-10:15a	10:15a-11:30a	TBD		
Silver 3	Wednesday 12/31	9:45a-10:00a	10:00a-11:00a	Х		
Sitt Si S	Thursday 1/1	NO PRACTICE				
	Friday 1/2	10:00a-10:15a	10:15a-11:30a	TBD		
	Saturday 1/3	10:00a-10:15a	10:15a-11:30a	Х		
		T	ı	1		
Silver 2	Monday 12/29	10:00a-10:15a	10:15a-11:30a	Х		
	Tuesday 12/30	10:00a-10:15a	10:15a-11:30a	Х		
	Wednesday 12/31	9:45a-10:00a   10:00a-11:00a   X				
	Thursday 1/1	NO PRACTICE				
	Friday 1/2	10:00a-10:15a	10:15a-11:30a	Х		
	Saturday 1/3	10:00a-10:15a	10:15a-11:30a	Х		
	1.4	1		. ,		
Silver 1	Monday 12/29	11:15a-11:30a	11:30a-12:30p	X		
	Tuesday 12/30	11:15a-11:30a	11:30a-12:30p	Х		
	Wednesday 12/31	NO PRACTICE				
	Thursday 1/1		PRACTICE	v		
	Friday 1/2	11:15a-11:30a   11:30a-12:30p   X				
	Saturday 1/3	Saturday 1/3 NO PRACTICE				
Bronze	Monday 12/20	11:15: 11:20:	11:20: 12:20:	v		
	Monday 12/29 Tuesday 12/30	11:15a-11:30a 11:15a-11:30a	11:30a-12:30p	X		
	Wednesday 12/31		11:30a-12:30p	^		
	Thursday 1/1	NO PRACTICE NO PRACTICE				
	Friday 1/2	11:15a-11:30a				
	Saturday 1/3		O PRACTICE	^		
Jacuruay 1/3 NO PRACTICE						
	Monday 12/29	8:45a-9:00a	9:00a-10:00a	Х		
Developmental 2 & Developmental 3	Tuesday 12/30	8:45a-9:00a	9:00a-10:00a	X		
	Wednesday 12/31	NO PRACTICE				
	Thursday 1/1	NO PRACTICE				
	Friday 1/2	NO PRACTICE				
	Saturday 1/3	NO PRACTICE				
	Lateracy 1/0	HOTIMOTIOE				