

<b>UMSL</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>	<i>recommended practices</i>	<i>no more than</i>
<b>FAST Prep</b>		5:45-6:45 pm		5:45-6:45 pm	off	off	off	2	2
<b>Age Group 1</b>	5:45-6:45 pm	off	5:45-6:45 pm	off	off	off	10:00-11:00AM @ Pattonville	2	3
<b>Age Group 2</b>	5:45-7:00 pm	5:45-7:00 pm	5:45-7:00 pm	5:45-7:00 pm	off	off	10:45AM-12:00 PM @ Pattonville	3-4	5
<b>Senior 1 ** If numbers dictate, weekday practice start times may move 1 hour later</b>	5:45-7:15 pm	6:00-7:30 pm	5:45-7:15 pm	6:00-7:30 pm	5:30-7:00pm @ Pattonville	7:00-9:00am @ Pattonville	off	4-5	5
<b>Senior 2 ** If numbers dictate, weekday practice start times may move 1 hour later</b>	5:45-7:30 pm	6:00-7:30 pm	5:45-7:30 pm	6:00-7:30 pm	5:00-6:30 am @ Lindbergh OR 5:30-7:00 pm @ Pattonville	7:00-9:00am @ Pattonville	8:00-9:45AM @ Pattonville	5-6	6