

RSCA SPRING PRACTICE SCHEDULE

Starting After Spring Break

Please note: Exact date for schedule change depends on the weather

ROCKWOOD SOUTH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONZE	OFF	EUREKA	EUREKA	SUMMIT	CRESTVIEW INDOOR	SUMMIT
		5:45-7:00 PM	5:45-7:00 PM	5:30-6:45 PM	4:45-6:00 PM	10:00-11:15 AM
SILVER	SUMMIT	EUREKA	EUREKA	SUMMIT	SUMMIT	SUMMIT
	5:30-7:00 PM	7:00-8:30 PM	7:00-8:30 PM	6:45-8:15 PM	5:30-7:00 PM	11:15 AM-12:45 PM
AGD	SUMMIT	OFF	EUREKA	SUMMIT	SUMMIT	SUMMIT
	5:30-7:00 PM		7:00-8:30 PM	5:30-7:00 PM	5:30-7:00 PM	11:15-12:45 PM

ROCKWOOD NORTH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONZE	OFF	LAFAYETTE	LAFAYETTE	EUREKA	CRESTVIEW INDOOR	LAFAYETTE
		6:00-7:15 PM	6:00-7:15 PM	6:00-7:15 PM	4:45-6:00 PM	11:15 AM-12:30 PM
SILVER	LAFAYETTE	EUREKA	MARQUETTE	SUMMIT	LAFAYETTE	LAFAYETTE
	5:45-7:15 PM	7:00-8:30 PM	5:30-7:00 PM	6:45-8:15 PM	5:30-7:00 PM	10:00-11:30 AM
AGD	LAFAYETTE	OFF	MARQUETTE	SUMMIT	LAFAYETTE	LAFAYETTE
	7:00-8:30 PM		7:00-8:30 PM	5:30-7:00 PM	5:30-7:00 PM	10:00-11:30 AM

GOLD

two week cycle of A Schedule and B Schedule

A SCHEDULE						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CMS 50M	MARQUETTE	CMS 50M	SUMMIT	CMS 50M	CMS 50M	OFF
9:00-10:45 am	7:15-9:00 pm	5:15-7:00 pm	7:15-9:00 pm	5:15-7:00 pm	7:15-9:00 pm	
B SCHEDULE						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OFF	MARQUETTE	CMS 50M	SUMMIT	CMS 50M	CMS 50M	CMS 50M
	7:15-9:00 pm	5:15-7:00 pm	7:15-9:00 pm	5:15-7:00 pm	5:15-7:00 pm	9:00-10:45 am

SENIOR

two week cycle of A Schedule and B Schedule

A SCHEDULE						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OFF	MARQUETTE	CMS 50M	SUMMIT	CMS 50M	CMS 50M	CMS 50M
	5:15-7:15	7:00-9:00 pm	5:15-7:15	7:00-9:00 pm	5:15-7:15 pm	9:00-11:00 am
B SCHEDULE						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CMS 50M	MARQUETTE	CMS 50M	SUMMIT	CMS 50M	CMS 50M	OFF
9:00-11:00 am	5:15-7:15	7:00-9:00 pm	5:15-7:15	7:00-9:00 pm	7:00-9:00 pm	

NATL PREP

@NPUpdates

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	SUMMIT
	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	4:00-5:30 PM	7:00-9:00 AM

NATIONAL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAFAYETTE	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	OFF	MARQUETTE
8:15-11:00 AM	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM		6:15-8:30 AM

Please follow twitter for your group for practice changes/updates.