



2024-2025 Summer Long Course Practice Schedule



GROUPS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
NATIONAL Canaan Campbell	10:30 – 11:30a CrossFit 12:00 – 2:00p Crestview	6:00 – 8:00a Kirkwood 3:00-5:00p North	10:30 – 11:30a CrossFit 12:30 – 2:45p Crestview	6:00 – 8:00am Kirkwood 3:00-5:00p North	11:15 – 1:15p Crestview	7:00 – 9:00a South	OFF
NATIONAL PREP Thom Bick	7:00 – 9:00a North	10:30 – 11:30p CrossFit 12:00-2:00p Crestview	7:00 – 9:00a North and 3:00 – 5:00p North	10:30 – 11:30p CrossFit 12:00-2:00p Crestview	1:15 – 3:15p Crestview	7:00 – 9:00a North	OFF
VARSITY McKayla Siemiller	12:00 – 2:00pm Crestview	5:00pm – 7:00pm North	12:30 – 2:45pm Crestview	5:00 – 7:00pm North	11:15 – 1:15pm Crestview	7:00 – 9:00am North	OFF
JUNIOR VARSITY Lance	6:30 – 8:00p Kirkwood	4:00 – 5:45p Kirkwood	11:15 – 12:45p Crestview	1:30 – 3:00p Crestview	5:00 – 7:00p Kirkwood	TBD	OFF
AGE GROUP SELECT Kian Quigley	7:00 – 8:30a w/ Dryland South	12:00 – 2:00p Crestview	5:00 – 7:00a w/ Dryland South	12:00 – 2:00p Crestview	1:15 – 3:15p Crestview	7:00 – 9:00a w/ Dryland Central	OFF
BLUE KIRKWOOD Denny Shea	6:30 – 8:00p Kirkwood	2:00 – 3:00p Crestview	6:30 – 8:00p Kirkwood	2:00 – 3:00p Crestview	6:30 – 8:00p Kirkwood	OFF	OFF
BLUE CENTRAL Stephanie Marks/Lyssa Wood	6:30 – 8:00p Kirkwood	2:00 – 3:00p Crestview	6:30 – 8:00p Kirkwood	2:00 – 3:00p Crestview	6:30 – 8:00p Kirkwood	OFF	OFF
WHITE KIRKWOOD Denny Shea	5:00 – 6:15p Kirkwood	2:00 – 3:00p Crestview	5:00 – 6:15p Kirkwood	2:00 – 3:00p Crestview	5:00 – 6:15p Kirkwood	OFF	OFF
WHITE CENTRAL Austin Scarlas/Elise Amo	5:00 – 6:15p Kirkwood	2:00 – 3:00p Crestview	5:00 – 6:15p Kirkwood	2:00 – 3:00p Crestview	5:00 – 6:15p Kirkwood	OFF	OFF
RED KIRKWOOD Kari Hrach	5:00 – 6:00p Kirkwood	2:00 – 3:00p Crestview	5:00 – 6:00p Kirkwood	5:00 – 6:00p Kirkwood	OFF	OFF	OFF
RED CENTRAL Elise Amo	5:00 – 6:00p Kirkwood	2:00 – 3:00p Crestview	5:00 – 6:00p Kirkwood	5:00 – 6:00p Kirkwood	OFF	OFF	OFF

For coaches contact information please visit www.pkwy.org

All practice and meet questions should be directed to your respective coach