



2023-2024 Fall/Winter Short Course Practice Schedule



Tentative

GROUPS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
NATIONAL Canaan Campbell	5:15am – 6:30am at North 5:00pm – 7:15pm at South	5:00pm – 7:00pm at South	5:15am – 6:30am at North 5:00pm – 7:15pm at South	5:00pm – 7:00pm at South	5:00am – 6:30am at North Or 5:00pm – 6:30pm at North	6:30am – 9:00am at South	OFF
NATIONAL PREP Thom Bick	5:00pm – 7:00pm at North	5:00pm – 7:00pm at North	5:15am-6:30am at North 5:00pm – 7:00pm at North	5:00pm – 7:00pm at North	5:00am – 6:30am at North Or 5:00pm – 6:30pm at North	7:00am – 9:00am at North	OFF
VARSITY McKayla Siemiller	7:00pm – 8:45pm at North	6:30pm – 8:30pm at North	7:00pm – 8:45pm at North	6:30pm – 8:30pm at North	5:00pm – 6:30pm at North	10:30am – 12:30am at North	OFF
JUNIOR VARSITY MJ Woehler	7:00pm – 8:30pm at West	7:00pm – 8:30pm at West	7:00pm – 8:30pm at West	7:00pm – 8:30pm at West	OFF	6:30am – 8:00am at West	OFF
AGE GROUP SELECT Kian Quigley	7:00pm – 8:30pm at South	7:00pm – 9:00pm at South	7:00pm – 8:30pm at South	7:00pm – 9:00pm at South	5:00pm – 7:00pm at South	7:00am – 9:00am at Central	OFF
BLUE KIRKWOOD Denny Shea	7:30pm – 9:00pm at Kirkwood	7:30pm – 9:00pm at Kirkwood	7:30pm – 9:00pm at Kirkwood	7:30pm – 9:00pm at Kirkwood	7:00pm – 8:30pm at Kirkwood	OFF	1:30pm – 3:00pm at Kirkwood
BLUE Central Stephanie Marks/Lyssa Wood	7:30pm – 9:00pm at Central	7:30pm – 9:00pm at Central	7:30pm – 9:00pm at Central	7:30pm – 9:00pm at Central	7:30pm – 9:00pm at Central	OFF	1:30pm – 3:00pm at Kirkwood
WHITE KIRKWOOD Denny Shea	6:00pm – 7:15pm at Kirkwood	6:00pm – 7:15pm at Kirkwood	6:00pm – 7:15pm at Kirkwood	6:00pm – 7:15pm at Kirkwood	6:00pm – 7:00pm at Kirkwood	OFF	OFF
WHITE Central Austin Scarlas/Elise Amo	6:00pm – 7:15pm at Central	6:00pm – 7:15pm at Central	6:00pm – 7:15pm at Central	6:00pm – 7:15pm at Central	6:00pm – 7:15pm at Central	OFF	OFF
RED KIRKWOOD Kari Hrach	6:00pm – 7:00pm at Kirkwood	OFF	6:00pm – 7:00pm at Kirkwood	OFF	6:00pm – 7:00pm at Kirkwood	OFF	1:00pm – 2:00pm at Kirkwood
RED Central Elise Amo	OFF	5:00pm 6:00pm at Central	OFF	5:00pm – 6:00pm at Central	5:00pm – 6:00pm at Central	OFF	1:00pm – 2:00pm at Kirkwood

For coaches contact information please visit www.pkwy.org

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