

2023 Cascade Summer Practice Schedules

All times and pools are subject to change.

Begins June 26 and goes thru July 29th – RB schedule July 3-28. We have August off!

Mon	Tues	Wed	Thurs	Fri	Sat
NAT/SR PERFORMANCE (*bring dryland equipment to practice)					
Madison 9:00-11:00am	Colman 10:00-12:00 Madison* 4:00-6:00pm	Colman 10:00-12:00	Colman 10:00-12:00 Madison* 4:00-6:00pm	Madison 9:00-11:00am	Colman 8:00-10:00am
SENIOR (*Bring dryland equipment to practice)					
Yost* 2:45-5:00pm Rainier Beach 7:15-8:45am	Colman 10:00-12:00 Rainier Beach 7:15-8:45am Madison* 4:00-6:00pm	Yost* 2:45-5:00pm Rainier Beach 7:15-8:45am	Colman 10:00-12:00am Rainier Beach 7:15-8:45am Madison* 4:00-6:00pm	Madison 9:00-11:00am Rainier Beach 7:15-8:45am	Colman 8:00-10:00am
JR PERFORMANCE (*Bring dryland equipment to practice)					
Yost 5:00-6:30pm Rainier Beach 7:15-8:45am	Yost* 2:45-5:00pm Rainier Beach 7:15-8:45am	Colman 7:00-9:00pm Rainier Beach 7:15-8:45am	Yost* 2:45-5:00pm Rainier Beach 7:15-8:45am	Yost 3:30-4:30pm Rainier Beach 7:15-8:45am	Colman 10:00-11:30am
JUNIOR					
Ballard 4:00-5:30pm Yost 5:00-6:30pm Rainier Beach 7:15-8:45am	Ballard 4:00-5:30pm Yost 5:00-6:30pm Rainier Beach 7:15-8:45am	Ballard 4:00-5:00pm Colman 7:00-9:00pm Yost 5:00-6:30pm Rainier Beach 7:15-8:45am	Ballard 4:00-5:30pm Yost 5:00-6:30pm Rainier Beach 7:15-8:45am	Ballard 4:00-5:30pm Yost 4:30-5:30pm Rainier Beach 7:15-8:45am	Colman 10:00-11:30am
NAVY					
Ballard 4:00-5:30pm Rainier Beach 7:45-8:45am	Ballard 4:00-5:30pm Yost 5:00-6:30pm Rainier Beach 7:45-8:45am	Ballard 4:00-5:00pm Yost 5:00-6:30pm Rainier Beach 7:45-8:45am	Ballard 4:00-5:30pm Yost 5:00-6:30pm Rainier Beach 7:45-8:45am	Ballard 4:00-5:30pm Yost 5:30-6:30pm Rainier Beach 7:45-8:45am	Colman 10:00-11:00am
RED/INTRO					
Madison Intro 4:00-4:55pm Red 5:00-6:00 Yost 3:30-4:30pm 4:30-5:30pm Rainier Beach 7:45-8:45am	Ballard Red 4:00-4:50pm Yost 3:30-4:30pm 4:30-5:30pm Rainier Beach 7:45-8:45am	Madison Intro 4:00-4:55pm Red 5:00-6:00 Yost 3:30-4:30pm 4:30-5:30pm Rainier Beach 7:45-8:45am	Ballard Red 4:00-4:50pm Yost 3:30-4:30pm 4:30-5:30pm Rainier Beach 7:45-8:45am	Madison Intro 4:00-4:55pm Red 5:00-6:00pm Yost 3:30-4:30pm Rainier Beach 7:45-8:45am	

