

2023 Cascade Winter Training Schedule

All Seniors and SP will have the first week of break off except at Rainier Beach. Yost Navy Group will have the second week of break off.

Note that the Ballard and Queen Anne groups will be at Madison the 18th-21st and then Ballard from 22nd-29th.

From the 18th - the 22nd we will hold an evening practice at Yost (4-5:30pm) for those in Shoreline School District. ALL group levels welcome.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
SENIORS →	All Seniors and Senior Performance will have the week off						
Madison →	Red/Intro: 4:30-5:15pm Navy: 5:15-6:30pm JR: 5:15-6:45pm	Red/Intro: 4:30-5:15pm Navy: 5:15-6:30pm JR: 5:15-6:45pm	Red/Intro: 4:30-5:15pm Navy: 5:15-6:30pm JR: 5:15-6:45pm	Red/Intro: 4:30-5:15pm Navy: 5:15-6:30pm JR: 5:15-6:45pm	AT BALLARD Red/Intro: 3:15-4pm JR /Navy: 4-5:30pm		
Rainier Beach →	SR: 7-9am JR/Navy/Red: 8-9am	SR: 7-9am JR/Navy/Red: 8-9am Intro: 8-9am	SR: 7-9am JR/Navy/Red: 8-9am	SR: 7-9am JR/Navy/Red: 8-9am Intro: 8-9am	SR: 7-9am JR/Navy/Red: 8-9am	SR: 8-10am JR/Navy/Red:/intro 8-9am	
Yost →	CM: 7-8am JR/Navy: 8-9:30am JP 9:30-11am Red/Intro: 9:30-10:15am & 10:15-11am Shoreline: 4-5:30PM	CM: 7-8am JR/Navy: 8-9:30am JP 8:45-11am* Red/Intro: 9:30-10:15am & 10:15-11am Shoreline: 4-5:30PM	CM: 7-8am JR/Navy: 8-9:30am JP 9:30-11am Red/Intro: 9:30-10:15am & 10:15-11am Shoreline: 4-5:30PM	CM: 7-8am JR/Navy: 8-9:30am JP 8:45-11am* Red/Intro: 9:30-10:15am & 10:15-11am Shoreline: 4-5:30PM	CM: 7-8am JR/Navy: 8-9:30am JP 9:30-11am Red/Intro: 9:30-10:15am & 10:15-11am Shoreline: 4-5:30PM	CM: 7-8am JR/Navy: 8-9:30am JP 9:30-11am	
17	18	19	20	21	22	23	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
SENIOR PERF →		SP: 8-10am at Evans	SP: 8-10am at Evans SP: 3:30-5:30pm at Yost	SP: 8-10am at Evans	SP: 8-10am at Evans SP: 3:30-5:30pm at Yost	at Madison: SP: 8-10:30am SR: 10-11:30am	
Ballard →	<i>Merry Christmas!</i>	Red/Intro: 3:15-4pm Navy: 4-5:30pm JR: 4-5:30pm	Red/Intro: 3:15-4pm Navy: 4-5:30pm JR: 4-5:30pm	Navy: 3-4:30pm JR: 3-4:30pm	Red/Intro: 3:15-4pm Navy: 4-5:30pm JR: 4-5:30pm		
Rainier Beach →		SR: 7-9am JR/Navy/Red: 8-9am Intro: 8-9am	SR: 7-9am JR/Navy/Red: 8-9am	SR: 7-9am JR/Navy/Red: 8-9am Intro: 8-9am	SR: 7-9am JR/Navy/Red: 8-9am	SR: 8-10am JR/Navy/Red:/intro 8-9am	
Yost →		CM: 7-8am SR: 8-10:15am* JP/JR 9:30-11am Red/Intro: 9:30-10:15am & 10:15-11am JP: 3-4:30PM	CM: 7-8am SR: 8-10:15am* JP 8:45-11am* JR: 9:30-11 Red/Intro: 9:30-10:15am & 10:15-11am	CM: 7-8am SR: 8-10:15am* JP/JR 9:30-11am JR: 9:30-11 Red/Intro: 9:30-10:15am & 10:15-11am	CM: 7-8am SR: 8-10:15am* JP/JR 9:30-11am Red/Intro: 9:30-10:15am & 10:15-11am JP: 3-4:30PM	CM: 7-8am SR: 8-10:15am* JP 8:45-11am* JR: 9:30-11 Red/Intro: 9:30-10:15am & 10:15-11am	CM: 7-8am JR/Navy: 8-9:30am JP 9:30-11am
<i>Christmas Eve!</i>		25	26	27	28	29	30

*Dryland days, please come prepared

Cascade Masters (CM) will be at Yost each morning 7-8am

Friday, December 27, 6:30-8:30pm

Holiday On Ice Party

Angel of the Winds Arena Community Rink
2000 Hewitt Ave Everett, WA 98201

If you have any questions, please contact:
Michele Coates at mcoates@gmail.com

