

2024 Cascade Winter Training Schedule

	Yost	Madison	Ballard/QA	Rainier Beach
Saturday 12/21	CM: 7-8am JP: 8-9:30am	No Practice	ALL Practices over break are at Ballard	No Practice
Sunday 12/22	CM: 7-8am JP: 8-9:30am	No Practice		No Practice
Monday 12/23	CM: 7-8am JP: 8-9:30am	No Practice	Red: 3:30-4:15pm Navy/JR/SR: 4:15-5:30pm	SR: 7-9am Jr/Navy/Red: 8-9am
Tuesday 12/24	CM: 7-8am JP: 8-9:30am	No Practice	No Practice	No Practice
Christmas	NO PRACTICES - <i>Merry Christmas!</i>			
Thursday 12/26	CM: 2-3pm JP: 3-4:30pm	No Practice	Red: 3:30-4:15pm Navy/JR/SR: 4:15-5:30pm	SR: 7-9am Jr/Navy/Red: 8-9am
Friday 12/27	CM: 7-8am JP: 8-9:30am	No Practice	Red: 3:30-4:15pm Navy/JR/SR: 4:15-5:30pm	SR: 7-9am Jr/Navy/Red: 8-9am
Saturday 12/28	CM: 7-8am JP: 8-9:30am	No Practice	No Practice	SR: 7:30-9:30am Jr/Navy/Red: 8:30-9:30am
Sunday 12/29	CM: 7-8am JP: 8-9:30am	No Practice	No Practice	No Practice
Monday 12/30	CM: 7-8am JP/SR: 8-9:30am SP: 9:30-11:30am and 2:30-4:30pm	Navy/Jr: 8-10am Intro/Red: 10-11am	Red: 3:30-4:15pm Navy/JR/SR: 4:15-5:30pm	SR: 7-9am Jr/Navy/Red: 8-9am
Tuesday 12/31	CM: 7-8am JP/SR: 8-9:30am SP: 9:30-11:30am	Navy/Jr: 8-10am Intro/Red: 10-11am	Red: 3-3:45pm Navy/JR/SR: 3:45-5pm	SR: 7-9am Jr/Navy/Red: 8-9am
New Years Day	NO PRACTICES - <i>Happy New Year!</i>			
Thursday 1/2	CM: 7-8am JP/SR: 8-9:30am SP: 9:30-11:30am and 2:30-4:30pm	Navy/Jr: 8-10am Intro/Red: 10-11am	No Practice	SR: 7-9am Jr/Navy/Red: 8-9am
Friday 1/3	CM: 7-8am JP/SR: 8-9:30am SP: 9:30-11:30am	Navy/Jr: 8-10am Intro/Red: 10-11am	Red: 3:30-4:15pm Navy/JR/SR: 4:15-5:30pm	SR: 7-9am Jr/Navy/Red: 8-9am

Saturday 1/4 All Cascade practices wil return to our normal saturday schedule.