

ASC School Year 2025 - 2026 Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze MWF	4:00pm-5:00pm		4:00pm-5:00pm		4:00pm-5:00pm	
Bronze TTHF		4:00 - 5:00pm		4:00 - 5:00pm	4:00pm-5:00pm	
Silver	4:00pm-5:00pm	4:00pm-5:00pm	4:00pm-5:00pm	4:00pm-5:00pm	4:00pm-5:00pm	
Gold	5:00pm-6:30pm	5:00pm-6:30pm	5:00pm-6:30pm	5:00pm-6:30pm	5:00pm-6:30pm	9:00am-10:30am
Dryland	6:35pm-7:05pm					10:35am-11:05am
MS/HS Skills and Speed	5:00pm - 6:15pm	5:00pm - 6:15pm	5:00pm - 6:15pm	5:00pm - 6:15pm	5:00pm - 6:15pm	9:00am-10:15am
MS/HS Skills and Speed Dryland				6:35pm - 7:05pm		
Junior	5:00pm-6:30pm	5:00pm-6:30pm	5:00pm-6:30pm	5:00pm-6:30pm	5:00pm-6:30pm	9:00am-11:00am
Junior Dryland		6:35pm - 7:05pm		6:35pm - 7:05pm		
Senior 1 AM				5:45am-7:15am		7:00am-9:00am
Senior 1 PM	6:30pm-8:15pm	6:30pm-8:15pm	6:30pm-8:15pm	6:30pm-8:15pm	5:30pm - 7:00pm	
Senior 1 Dryland	6:00-6:30 pm		6:00-6:30 pm			
Senior 2	6:30pm-8:15pm	6:30pm-8:15pm	6:30pm-8:15pm	6:30pm-8:15pm	5:30pm-7:00 pm	7:00am-9:00am
Senior 2 Dryland			5:45pm-6:30pm			9:00am-9:35am
National Girls AM		5:45am-7:15am		5:45am-7:15am	5:45am - 7:15am	7:00am-9:00am
National Girls PM	6:15pm-8:15pm	6:15pm-8:15pm	6:15pm-8:15pm	6:15pm-8:15pm		
National Girls Dryland		5:30pm-6:15pm		5:30pm-6:15pm		9:15am-10:00am
National Boys AM		5:45am-7:15am		5:45am-7:15am	5:45am - 7:15am	7:00am-9:00am
National Boys PM	6:15pm-8:15pm	6:15pm-8:15pm	6:15pm-8:15pm	6:15pm-8:15pm		
National Boys Dryland	5:15-6:00 pm		5:15-6:00 pm			9:15am-10:00am