

CAC Practice Schedule for the season 2025/2026 updated 08/25/2025

Days Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Mini Marlins Group A	2:45-3:25pm			2:45-3:25pm			All minnies need to get picked up right after their practice
Mini Marlins Group B	3:45-4:25pm			3:45-4:25pm			
Junior Age Group	3:35-4:30pm			3:35-4:30pm	3:40-4:35pm		
A * indicates dryland workout All kids need to bring their workout shoes on the * days							
Age Group Bronze AGB		3:40-4:35pm	3:40-4:35pm		3:40-4:35pm	9:30-10:30a	
Age Group Silver AGS	6:00-7:00pm	5:15-5:45* +5:45-6:45p		6:30-7:00pm 7:00-8:00pm	4:35-5:45pm	9:00-9:30am* 9:30-10:45a	
Age Group Gold AGG	6:15-7:00* 7:00-8:15pm	6:30-6:45* 6:45-8:00p	6:30-8:00pm	5:00-5:45* 5:45-7:00pm	5:30-5:45pm* 5:45-7:00pm	8:00-9:30am 9:30-10:00am	Must attend all practices
Senior Dev SRD					5:00-6:45am	6:00-8:00am 8:00-9:00am*	Can elect 5 practices a week
	4:30-6:00pm	4:35-5:45pm +5:55-6:55*	4:15-4:35* 4:35-6:30pm	4:35-5:45 5:55-6:55*			
Senior Silver SRS	5:00-6:45am				5:00-6:45am	6:00-8:00am 8:00-9:00am*	Can elect 7 practices a week
	4:30-6:00pm	4:35-5:45pm 5:55-6:55*	4:15-4:30* 4:30-6:30pm	4:35-5:45 5:55-6:55*			
Senior Gold SRG	5:00-6:45am		5:00-6:45am		5:00-6:45am	6:00-8:00am 8:00-9:00am*	Must Attend all practices
	4:30-6:00pm	4:35-5:45pm 5:55-6:55*	4:15-4:30* 4:30-6:30pm	4:35-5:45 5:55-6:55*			

There is no mandatory attendance, but the more attendance, the more improvement, consistency is the key of success!