

LSC Practice Schedule for the Season 2025/2026 (updated 08/25/2025)

Days Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Marlins Red Development	5:30-6:15pm			5:30-6:15pm	3:40-4:35pm At the CAC		
A * indicates dryland workout All kids need to bring their workout shoes on the * days							
Marlins Black development	<u>Senior:</u> 5:30-6:45pm <u>Junior:</u> 5:30-6:30pm	<u>Senior:</u> 6:00-7:15pm <u>Junior:</u> 6:00-7:00		<u>Senior:</u> 5:30-6:45pm <u>Junior:</u> 5:30-6:30pm		8:00-9:30am 9:30-10:00am* At the CAC	

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