



## NOVA Winter Break Practice Schedule

[Updated 12/2/25]

Effective 12/21/25 - 1/4/26 (Return to Normal Practice Schedule 1/5/26)



**\*\*Subject to change, coaches will communicate directly to practice groups for any changes or additions\*\***

	Friday 12/19	Saturday 12/20	Sunday 12/21	Monday 12/22	Tuesday 12/23	Wednesday 12/24	Thursday 12/25	Friday 12/26
Novice Bronze	3:30 - 4:30pm R	OFF	OFF	1:00 - 2:00pm G	1:00 - 2:00pm G	OFF	OFF	OFF
Novice Silver	3:30 - 4:30pm R	OFF	OFF	10:00 - 11:00am G	10:00 - 11:00am G	OFF	OFF	OFF
Novice Gold	3:30 - 4:30pm R	OFF	OFF	1:00 - 2:00pm G	1:00 - 2:00pm G	OFF	OFF	OFF
Age Group Dev. Bronze	3:15 - 4:30pm G	OFF	OFF	10:00 - 11:30am G	10:00 - 11:30am G	OFF	OFF	OFF
Age Group Dev. Silver	3:15 - 4:30pm R	OFF	OFF	10:00 - 11:30am G	10:00 - 11:30am G	OFF	OFF	OFF
Age Group Dev. Gold	3:00 - 4:30pm R	10:00 - 11:30am R	OFF	10:00 - 11:30am G	10:00 - 11:30am G	OFF	OFF	OFF
Age Group Bronze	4:30 - 6:00pm R	10:00 - 11:30am R	OFF	11:30am - 1:00pm G	11:30am - 1:00pm G	OFF	OFF	OFF
Age Group Silver	4:30 - 6:15pm R	10:00 - 11:45am R	OFF	11:30am - 1:15pm G	11:30am - 1:15pm G	OFF	OFF	OFF
Age Group Gold	4:30 - 6:15pm R	10:00am - 12:00pm R	OFF	8:00 - 10:00am G	8:00 - 10:00am G	OFF	OFF	OFF
Senior Dev. Bronze	4:30 - 6:15pm R	8:00 - 10:00am R	OFF	8:00 - 10:00am G	8:00 - 10:00am G	OFF	OFF	OFF
Senior Dev. Silver	4:30 - 6:15pm G	8:00 - 10:00am R	OFF	8:00 - 10:00am R	8:00 - 10:00am R	OFF	OFF	OFF
Senior Dev. Gold	4:30 - 6:15pm G	8:00 - 10:00am R	OFF	8:00 - 10:00am R	8:00 - 10:00am R	OFF	OFF	OFF
Senior Bronze	4:30 - 6:15pm G	8:00 - 10:00am R	OFF	8:00 - 10:00am R	8:00 - 10:00am R	OFF	OFF	OFF
Senior Silver	5:00 - 7:00am R	6:00 - 8:00am R	OFF	6:00 - 8:00am R 3:30 - 5:00pm G	6:00 - 8:00am R 3:30 - 5:00pm G	6:00 - 8:00am R	OFF	OFF
Senior Gold	5:00 - 7:00am R	6:00 - 8:00am R	OFF	6:00 - 8:00am R 3:30 - 5:00pm G	6:00 - 8:00am R 3:30 - 5:00pm G	6:00 - 8:00am R	OFF	OFF
National	5:00 - 7:00am R 4:30 - 6:00pm G	6:00 - 8:00am R	OFF	6:00 - 8:00am R 3:30 - 5:00pm G	6:00 - 8:00am R 3:30 - 5:00pm G	6:00 - 8:00am R	OFF	OFF
Masters	6:00 - 7:30am G 8:30 - 9:45am G	OFF	OFF	6:00 - 7:30am G 8:30 - 9:45am G	6:00 - 7:30am G 8:30 - 9:45am G	OFF	OFF	8:00 - 9:30am G
College	6:00 - 7:30am G	OFF	OFF	6:00 - 7:30am G	6:00 - 7:30am G	OFF	OFF	8:00 - 9:30am G

	Saturday 12/27	Sunday 12/28	Monday 12/29	Tuesday 12/30	Wednesday 12/31	Thursday 1/1	Friday 1/2	Saturday 1/3
Novice Bronze	1:00 - 2:00pm G	OFF	1:00 - 2:00pm G	1:00 - 2:00pm G	1:00 - 2:00pm G	OFF	1:00 - 2:00pm G	OFF
Novice Silver	10:00 - 11:00am G	OFF	10:00 - 11:00am G	10:00 - 11:00am G	10:00 - 11:00am G	OFF	10:00 - 11:00am G	OFF
Novice Gold	1:00 - 2:00pm G	OFF	1:00 - 2:00pm G	1:00 - 2:00pm G	1:00 - 2:00pm G	OFF	1:00 - 2:00pm G	OFF
Age Group Dev. Bronze	10:00 - 11:30am G	OFF	10:00 - 11:30am G	10:00 - 11:30am G	10:00 - 11:30am G	OFF	10:00 - 11:30am G	OFF
Age Group Dev. Silver	10:00 - 11:30am G	OFF	10:00 - 11:30am G	10:00 - 11:30am G	10:00 - 11:30am G	OFF	10:00 - 11:30am G	OFF
Age Group Dev. Gold	10:00 - 11:30am G	OFF	10:00 - 11:30am G	10:00 - 11:30am G	10:00 - 11:30am G	OFF	10:00 - 11:30am G	10:00 - 11:30am G
Age Group Bronze	11:30am - 1:00pm G	OFF	11:30am - 1:00pm G	11:30am - 1:00pm G	11:30am - 1:00pm G	OFF	11:30am - 1:00pm G	11:30am - 1:00pm G
Age Group Silver	11:30am - 1:15pm G	OFF	11:30am - 1:15pm G	11:30am - 1:15pm G	11:30am - 1:15pm G	OFF	11:30am - 1:15pm G	11:30am - 1:15pm G
Age Group Gold	8:00 - 9:45am R	OFF	8:00 - 10:00am G	8:00 - 9:45am R	8:00 - 10:00am G	OFF	8:00 - 10:00am G	10:00 - 11:45am R
Sen Dev. Bronze	8:00 - 10:00am G	OFF	8:00 - 10:00am G	8:00 - 10:00am G	8:00 - 10:00am G	OFF	8:00 - 10:00am G	8:00 - 10:00am G
Sen. Dev. Silver	OFF	4:00 - 6:00pm R	8:00 - 10:00am R	8:00 - 10:00am G	8:00 - 10:00am R	OFF	8:00 - 10:00am R	8:00 - 10:00am G
Sen. Dev. Gold	8:00 - 10:00am R	4:00 - 6:00pm R	8:00 - 10:00am R	8:00 - 10:00am R	8:00 - 10:00am R	OFF	8:00 - 10:00am R	8:00 - 10:00am R
Senior Bronze	OFF	4:00 - 6:00pm R	8:00 - 10:00am R	8:00 - 10:00am G	8:00 - 10:00am R	OFF	8:00 - 10:00am R	8:00 - 10:00am G
Senior Silver	6:00 - 8:00am R	6:00 - 8:00am R	6:00 - 8:00am R 3:30 - 5:00pm G	6:00 - 8:00am R 3:30 - 5:00pm G	6:00 - 8:00am R	OFF	6:00 - 8:00am R 3:30 - 5:00pm G	6:00 - 8:00am R
Senior Gold	6:00 - 8:00am R	6:00 - 8:00am R	6:00 - 8:00am R 3:30 - 5:00pm G	6:00 - 8:00am R 3:30 - 5:00pm G	6:00 - 8:00am R	OFF	6:00 - 8:00am R 3:30 - 5:00pm G	6:00 - 8:00am R
National	6:00 - 8:00am R	6:00 - 8:00am R	6:00 - 8:00am R 3:30 - 5:00pm G	6:00 - 8:00am R 3:30 - 5:00pm G	6:00 - 8:00am R	OFF	6:00 - 8:00am R 3:30 - 5:00pm G	6:00 - 8:00am R
Masters	OFF	OFF	6:00 - 7:30am G 8:30 - 9:45am G	6:00 - 7:30am G	6:00 - 7:30am G 8:30 - 9:45am G	OFF	6:00 - 7:30am G 8:30 - 9:45am G	OFF
College	OFF	OFF	6:00 - 7:30am G	6:00 - 7:30am G	6:00 - 7:30am G	OFF	6:00 - 7:30am G	OFF