



2023-2024 Practice Schedule

Practice Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Practice Location	Practice Attendance
Novice Green		6:00-7:00pm <i>Dryland 5:30-5:55pm</i>		6:00-7:00pm <i>Dryland 5:30-5:55pm</i>		9:00-10:00am	Deer Run	2-3 Practices per week
Novice Orange	7:00-8:00am 6:00-7:00pm <i>Dryland 5:30-5:55pm</i>		7:00-8:00am 6:00-7:00pm <i>Dryland 5:30-5:55pm</i>		7:00-8:00am 6:00-7:00pm <i>Dryland 5:30-5:55pm</i>	9:00-10:00am	Deer Run	2-3 Practices per week
Novice Blue	6:45-8:00am 7:00-8:15pm <i>Dryland 6:30-6:55pm</i>	7:00-8:15pm	6:45-8:00am 7:00-8:15pm <i>Dryland 6:30-6:55pm</i>	7:00-8:15pm	6:45-8:00am 7:00-8:15pm <i>Dryland 6:30-6:55pm</i>	10:00am-11:15am	Deer Run	3-4 Practices per week
Age Group Green	4:30-6:00pm 6:45-8:15pm	4:30-6:00pm <i>Dryland 6:10-6:50pm</i> 6:45-8:15pm	4:30-6:00pm 6:45-8:15pm	4:30-6:00pm <i>Dryland 6:10-6:50pm</i> 6:45-8:15pm	4:30-6:00pm 6:45-8:15pm	7:30-9:00 AM <i>Dryland 9:10-9:50am @Deer Run</i>	4:30pm Practice @ Evergreen 6:45pm Practice @ Deer Run Saturday @ Deer Run	4-5 Practices per week
Age Group Orange	6:00-7:45pm	6:00-7:45pm <i>Dryland 5:10-5:50pm</i>	6:00-7:45pm	6:00-7:45pm <i>Dryland 5:10-5:50pm</i>	6:00-7:45pm	7:15-9:00 AM <i>Dryland 9:10-9:50am @ Deer Run</i>	Evergreen Sat AM @ Deer Run	4-6 Practices per week
Senior Green	4:45-6:45am <i>Dryland 3:45-4:35pm or 6:00-6:45pm</i>	4:45-6:45am OR 3:45-5:45pm	4:45-6:45am <i>Dryland 3:45-4:35pm or 6:00-6:45pm</i>	4:45-6:45am OR 3:45-5:45pm	4:45-6:45am	8:30-10:30 AM <i>Dryland 7:30-8:15am @ Evergreen</i>	Deer Run Sat Practice @ Evergreen	5-6 Practices per week
Senior Orange	3:45-5:45 pm <i>Dryland 6:00-6:45pm</i>	3:45-5:45pm	3:45-5:45 pm <i>Dryland 6:00-6:45pm</i>	3:45-5:45pm	3:45-5:45pm	8:30-10:30 AM <i>Dryland 7:30-8:15am @ Evergreen</i>	Deer Run Sat Practice @ Evergreen	6 Practices per week + 3 Drylands
Senior Blue	4:45-7:00am 3:45-5:45 pm <i>Dryland 3:45-4:35pm + Swim 4:35-5:45pm</i>	4:45-7:00am	4:45-7:00am 3:45-5:45 pm <i>Dryland 3:45-4:35pm + Swim 4:35-5:45pm</i>	4:45-7:00am	4:45-7:00am 3:45-5:45pm <i>Selected Athletes</i>	6:00-8:30 AM <i>Dryland 8:45-9:30am</i>	AM & Saturday @ Evergreen PM Practices @ Deer Run	Coaches Plan
Homeschool Green	2:00-3:00pm <i>Dryland 3:05-3:25pm</i>		2:00-3:00pm <i>Dryland 3:05-3:25pm</i>		2:00-3:00pm <i>Dryland 3:05-3:25pm</i>		Deer Run	3 Practices per week
Homeschool Orange	2:00-3:30pm <i>Dryland 3:40-4:10pm</i>	2:00-3:30pm	2:00-3:30pm <i>Dryland 3:40-4:10pm</i>	2:00-3:30pm	2:00-3:30pm <i>Dryland 3:40-4:10pm</i>		Deer Run	4-5 Practices per week

*Updated 7/26/2023