

Sunday, Jan 29		Monday, Jan 30		Tuesday, Jan 31		Wednesday, Feb 1		Thursday, Feb 2		Friday, Feb 3		Saturday, Feb 4	
Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice
						4:30-6:30	14 Royal 14 Gold 13 Royal 12 Royal	4:30-8:00	18 Black 18 White 18 Blue 18 Orange	4:30-6:30	14 Royal 14 Gold 13 Royal 12 Royal		
						5:00-7:00	16 Royal 16 Gold 15 Royal		(Strength 7pm-8pm)	5:00-7:00	16 Royal 16 Gold 15 Royal		
						6:00-9:30	16 Orange 16 Onyx 15 White 15 Blue	6:00-9:30	17 White 16 White 16 Blue 15 Black	7:00-9:30	16 Orange 16 Onyx 15 White 15 Blue		
						7:00-9:30	16 White 16 Blue	7:00-9:30	18 Nike (Boys)				
Sunday, Feb 5		Monday, Feb 6		Tuesday, Feb 7		Wednesday, Feb 8		Thursday, Feb 9		Friday, Feb 10		Saturday, Feb 11	
Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice
<b>New schedule starting Monday, February 6th</b>		4:30-6:50	18 Black 18 White 17 Black 16 Black	4:30-7:00	18 Black 18 White 17 Black 16 Black	4:30-6:30	13 Royal 12 Royal	4:30-8:00	18 Black 18 White 18 Blue 18 Orange	4:30-6:30	13 Royal 12 Royal		
		5:50-8:10	18 Blue 18 Orange 17 White 16 White 16 Blue 15 Black			5:00-7:00	16 Royal 16 Gold 15 Royal 14 Royal 14 Gold		(Strength 7pm-8pm)	5:00-7:00	16 Royal 16 Gold 15 Royal 14 Royal 14 Gold		
		7:10-9:30	16 Orange 16 Onyx 15 White 15 Blue	7:00-9:30	18 Blue 18 Orange 17 White 16 White 15 Black 15 Blue	6:00-9:30	16 Orange 16 Onyx 15 White	6:00-9:30	17 White 16 White 15 Black 16 Blue	7:00-9:30	16 Orange 16 Onyx 15 White 15 Blue*		
						7:00-9:30	16 Blue	7:00-9:30	18 Nike		(*Strength 6pm-7pm)		
Sunday, Feb 12		Monday, Feb 13		Tuesday, Feb 14		Wednesday, Feb 15		Thursday, Feb 16		Friday, Feb 17		Saturday, Feb 18	
Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice
		4:30-6:50	18 Black 18 White 17 Black 16 Black	4:30-7:00	18 Black 18 White 17 Black 16 Black	4:30-6:30	13 Royal 12 Royal	4:30-8:00	18 Black 18 White 18 Blue 18 Orange	4:30-6:30	13 Royal 12 Royal		
		5:50-8:10	18 Blue 18 Orange 17 White 16 White 16 Blue 15 Black			5:00-7:00	16 Royal 16 Gold 15 Royal 14 Royal 14 Gold		(Strength 7pm-8pm)	5:00-7:00	16 Royal 16 Gold 15 Royal 14 Royal 14 Gold		
		7:10-9:30	16 Orange 16 Onyx 15 White 15 Blue	7:00-9:30	18 Blue 18 Orange 17 White 16 White 15 Black 15 Blue	6:00-9:30	16 Orange 16 Onyx 15 White	6:00-9:30	17 White 16 White 15 Black 16 Blue	7:00-9:30	16 Orange 16 Onyx 15 White 15 Blue*		
						7:00-9:30	16 Blue	7:00-9:30	18 Nike		(*Strength 6pm-7pm)		
Sunday, Feb 19		Monday, Feb 20		Tuesday, Feb 21		Wednesday, Feb 22		Thursday, Feb 23		Friday, Feb 24		Saturday, Feb 25	
Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice
		<b>President's Day Tournays</b> No Practice - All Girls' Travel		4:30-7:00	18 Black 18 White 17 Black 16 Black	4:30-6:30	13 Royal 12 Royal	4:30-8:00	18 Black 18 White 18 Blue 18 Orange	4:30-6:30	13 Royal 12 Royal		
						5:00-7:00	16 Royal 16 Gold 15 Royal 14 Royal 14 Gold		(Strength 7pm-8pm)	5:00-7:00	16 Royal 16 Gold 15 Royal 14 Royal 14 Gold		
				7:00-9:30	18 Blue 18 Orange 17 White 16 White 15 Black 15 Blue	6:00-9:30	16 Orange 16 Onyx 15 White	6:00-9:30	17 White 16 White 15 Black 16 Blue	7:00-9:30	16 Orange 16 Onyx 15 White 15 Blue*		
						7:00-9:30	16 Blue	7:00-9:30	18 Nike		(*Strength 6pm-7pm)		
Sunday, Feb 26		Monday, Feb 27		Tuesday, Feb 28		Wednesday, Feb 29		Thursday, Mar 1		Friday, Mar 2		Saturday, Mar 3	
Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice
		4:30-6:50	18 Black 18 White 17 Black 16 Black	4:30-7:00	18 Black 18 White 17 Black 16 Black	4:30-6:30	13 Royal 12 Royal	<b>Depart for The Showcase</b> No Practice - All Girls' Travel		4:30-6:30	13 Royal 12 Royal		
		5:50-8:10	18 Blue 18 Orange 17 White 16 White 16 Blue 15 Black			5:00-7:00	16 Royal 16 Gold 15 Royal 14 Royal 14 Gold			5:00-7:00	16 Royal 16 Gold 15 Royal 14 Royal 14 Gold		
		7:10-9:30	16 Orange 16 Onyx 15 White 15 Blue	7:00-9:30	18 Blue 18 Orange 17 White 16 White 15 Black 15 Blue	6:00-9:30	16 Orange 16 Onyx 15 White	7:00-9:30	18 Nike (Boys)		(Strength 7pm-8pm)		
						7:00-9:30	16 Blue				<b>1st Day - The Showcase</b> No Practice - All Girls' Travel		

Schedule Notes:

- Monday Position Training has been expanded by 20 minutes. Teams will position train for 1 hour 20 minutes and then finish with Strength Training for final 60 minutes.
- Strength Training for Regional Teams is now done immediately following their practice on Wednesdays and Thursdays. Start times for 14s have been changed to accommodate.
- 15 Blue (due to conflict with coaches' schedule) will now do their 2nd strength training session on Fridays.
- 15 Blue and 16 White have a new schedule starting February 6th. Please make note.