

Sunday, Jan 1		Monday, Jan 2		Tuesday, Jan 3		Wednesday, Jan 4		Thursday, Jan 5		Friday, Jan 6		Saturday, Jan 7	
Time	Teams	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice
Holiday Break >>>		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	14 Royal 14 Gold 13 Royal 12 Royal	4:30-8:00	18 Black 18 White 18 Blue 18 Orange	4:30-6:30	13 Royal 12 Royal		
New Years' Day!		5:50-8:10	18 Blue 18 Orange 17 White 16 White 16 Blue 15 Black	7:00-9:30	18 Blue 18 Orange 17 White 15 Black	5:00-7:00	16 Royal 16 Gold 15 Royal	6:00-9:30	17 White 16 White 16 Blue 15 Black <i>(Strength 7pm-8pm)</i>	(Cancelled practice for all 14s, 15s and 16s teams that are attending the Dells event.)			
		7:10-9:30	16 Orange 16 Onyx 15 White 15 Blue <i>(See Notes)</i>			6:00-9:30	16 Orange 16 Onyx 15 White 15 Blue <i>(Strength 6pm-7pm)</i>	7:00-9:30	18 Nike (Boys)				
						7:00-9:30	16 White 16 Blue						
Sunday, Jan 8		Monday, Jan 9		Tuesday, Jan 10		Wednesday, Jan 11		Thursday, Jan 12		Friday, Jan 13		Saturday, Jan 14	
Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Picture Days	Time	Picture Days	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	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		
		5:50-8:10	18 Blue 18 Orange 17 White 16 White 16 Blue 15 Black	7:00-9:30	18 Blue 18 Orange 17 White 15 Black	5:00-7:00	16 Royal 16 Gold 15 Royal	6:00-9:30	17 White 16 White 16 Blue 15 Black <i>(Strength 7pm-8pm)</i>	5:00-7:00	16 Royal 16 Gold 15 Royal		
		7:10-9:30	16 Orange 16 Onyx 15 White 15 Blue <i>(See Notes)</i>			6:00-9:30	16 Orange 16 Onyx 15 White 15 Blue <i>(Strength 6pm-7pm)</i>	7:00-9:30	18 Nike (Boys)	7:00-9:30	16 Orange 16 Onyx 15 White 15 Blue		
						7:00-9:30	16 White 16 Blue						
Sunday, Jan 15		Monday, Jan 16		Tuesday, Jan 17		Wednesday, Jan 18		Thursday, Jan 19		Friday, Jan 20		Saturday, Jan 21	
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	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		
		5:50-8:10	18 Blue 18 Orange 17 White 16 White 16 Blue 15 Black	7:00-9:30	18 Blue 18 Orange 17 White 15 Black	5:00-7:00	16 Royal 16 Gold 15 Royal	6:00-9:30	17 White 16 White 16 Blue 15 Black <i>(Strength 7pm-8pm)</i>	5:00-7:00	16 Royal 16 Gold 15 Royal		
		7:10-9:30	16 Orange 16 Onyx 15 White 15 Blue <i>(See Notes)</i>			6:00-9:30	16 Orange 16 Onyx 15 White 15 Blue <i>(Strength 6 15 Blue)</i>	7:00-9:30	18 Nike (Boys)	7:00-9:30	16 Orange 16 Onyx 15 White 15 Blue		
						7:00-9:30	16 White 16 Blue						
Sunday, Jan 22		Monday, Jan 23		Tuesday, Jan 24		Wednesday, Jan 25		Thursday, Jan 26		Friday, Jan 27		Saturday, Jan 28	
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	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		
		5:50-8:10	18 Blue 18 Orange 17 White 16 White 16 Blue 15 Black	7:00-9:30	18 Blue 18 Orange 17 White 15 Black	5:00-7:00	16 Royal 16 Gold 15 Royal	6:00-9:30	17 White 16 White 16 Blue 15 Black <i>(Strength 7pm-8pm)</i>	5:00-7:00	16 Royal 16 Gold 15 Royal		
		7:10-9:30	16 Orange 16 Onyx 15 White 15 Blue <i>(See Notes)</i>			6:00-9:30	16 Orange 16 Onyx 15 White 15 Blue <i>(Strength 6pm-7pm)</i>	7:00-9:30	18 Nike (Boys)	7:00-9:30	16 Orange 16 Onyx 15 White 15 Blue		
						7:00-9:30	16 White 16 Blue						
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
		4:30-6:50	18 Black 18 White 17 Black 16 Black	4:30-7:00	18 Black 18 White 17 Black 16 Black	4:30-6:30	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		
		5:50-8:10	18 Blue 18 Orange 17 White 16 White 16 Blue 15 Black	7:00-9:30	18 Blue 18 Orange 17 White 15 Black	5:00-7:00	16 Royal 16 Gold 15 Royal	6:00-9:30	17 White 16 White 16 Blue 15 Black <i>(Strength 7pm-8pm)</i>	5:00-7:00	16 Royal 16 Gold 15 Royal		
		7:10-9:30	16 Orange 16 Onyx 15 White 15 Blue <i>(See Notes)</i>			6:00-9:30	16 Orange 16 Onyx 15 White 15 Blue <i>(Strength 6pm-7pm)</i>	7:00-9:30	18 Nike (Boys)	7:00-9:30	16 Orange 16 Onyx 15 White 15 Blue		
						7:00-9:30	16 White 16 Blue						

Practice 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 available on Wednesdays after practice and then either Thursdays or Mondays. Players are welcome to attend any available session. Available sessions include - Mondays: 5:50-6:50, 7:10-8:10, 8:30-9:30 Thursdays: 6pm-7p, 7pm-8pm