

Monday				Tuesday				Wednesday				Thursday				Friday			
400-500				400-500				400-500			18L - Morgan	400-530	18B- Ron			400-500			
500-630	13L-Ashley		13B - Caitlin	500-630	12B- Lizzie	15B Lift 530-630	10B - BETH	500-630	15W-Ron	18L Lift 730-830	14W-Lib/Sara	530-700	13B - Caitlin	15B Lift 530-630	14B- Gregg	500-630	10B - BETH	12B- Lizzie	
630-800	14L- Hannah		16B -Mandy	630-800	15B- Heleanna	17B Lift 630-730	B18B	630-800	16L - Brittany	17L Lift 700-800	B17L	700-830	B17B	16W Lift 630-730	15B- Heleanna	630-800	13L-Ashley	14L- Hannah	
800-930	15L- Abbie		17L- Cristine	800-930	16W-Tom/Sara		VIPERS	800-930	18L - Morgan	16B Lift 800-900	OPEN GYM	830-1000	MENS		17B-Gabi	800-930	B16B	16G- Brogan	
930-1100	WOMENS		WOMENS													930-1100	ADULT OPEN GYM		
830-1000				830-1000				830-1000				830-1000							

Saturday	
400-500	skills clinics
500-630	OPEN SCRIMMAGE
630-800	ADULT OPEN GYMS
700-800	skills clinics
700-900	Practice slot
800-1000	Practice slot

Sunday			
800-930	17L- Cristine		15W- Ron
930-1100	B18B		16W-Tom/Sara
1100-1230	14W-Lib/Sara	15B Lift 1200-100	16G-Brogan
1230-200	B16B		14B- Gregg
200-330	18L- Morgan	14B Lift 200-300	16L- Britt
330-500	15L- Abbie		17B- Gabi
500-630	18B- Ron		WOMENS
630-800	B17B		B17L
800-1000	MENS		MENS

18B	Ron	Sun 500-630	Thu 530-800	B18B	Cristine	Sun 930-1100	Tue 630-800
18L	Morgan	Erin Seidel Sun 200-330	Wed 800-930	B17B	Ron	Sun 630-800	Thu 800-930
17B	Gabriela	Caitlin Sun 330-500	Thu 800-930	B17L	Leo	Devin Sun 630-800	Wed 800-930
17L	Cristine	Susan Sun 800-930	Mon 800-930	B16B	Mark	Kash Sun 1230-200	Fri 800-930
16B	Amanda	Laurie Mon 630-800	Wed 630-800	MENS	Ron		
16L	Brittany	Sun 200-330	Wed 630-800	WOMENS	Ron		
16W	Tom	Sarah Sun 930-1100	Tue 800-930				
16G	Brogan	Caden Sun 1100-1230	Fri 800-930				
15B	Heleanna	Ryan Tue 630-800	Thu 630-800				
15L	Abbie	Taylor Sun 330-500	Mon 800-930				
15W	Ron	Sean Sun 800-930	Wed 500-630				
14B	Gregg	Kash Sun 1230-200	Thu 500-630				
14L	Hanna	Bella Mon 630-800	Fri 630-800				
14W	Libby	Sara Sun 1100-1230	Wed 500-630				
13B	Caitlin	Morgan C Mon 500-630	Thu 500-630				
13L	Ashley	Bryce Mon 500-630	Fri 630-800				
12B	Lizzy	Morgan Tue 500-630	Fri 500-630				
11B	Beth	Parker's Tue 500-630	Fri 500-630				

**2025
PRACTICE &
LIFTING SCHEDULE**