



WINTER/SPRING TEAM PRACTICE SCHEDULE 2024

Starting January 8, 2024

COMPULSORY/OPTIONALS

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Hours
Little Stellars	3:30 – 5:00pm	xxx	3:30 – 5:00pm	xxx	3:30 – 5:00pm	xxx	4.5 hours
Level 1	4:00 – 6:00pm	4:00 – 6:00pm	xxx	4:00 – 6:00pm	4:00 – 6:00pm	xxx	8 hours
Level 2	4:00 – 6:00pm	xxx	4:00 – 6:30pm	4:00 – 6:30pm	4:00 – 6:00pm	xxx	9 hours
Level 3	4:00 – 6:30pm	4:00 – 6:30pm	4:00 – 6:30pm	4:00 – 6:30pm	4:00 – 6:30pm	xxx	12.5 hours
Level 4 & 5	5:00 – 8:30pm	5:00 – 8:30pm	5:00 – 8:30pm	5:00 – 8:30pm	5:00 – 8:30pm	xxx	17.5 hours
Optionals	4:30 – 8:30pm	4:30 – 8:30pm	4:30 – 8:30pm	4:30 – 8:30pm	4:30 – 8:30pm	9:00am – 12:30pm	23.5 hours

XCEL

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Hours
Bronze A (competing)	4:00 – 6:00pm	xxx	4:00 – 6:00pm	xxx	4:00 – 6:00pm	xxx	6 hours
Bronze B (Competing next season)	xxx	4:00 – 6:00pm	xxx	4:00 – 6:00pm	xxx	10:00am – 12:00pm	6 hours
Silver	5:30 – 8:00pm	5:30 – 8:00pm	5:30 – 8:00pm	xxx	5:30 – 8:00pm	10:00am – 12:00pm	12 hours
Gold	5:30 – 8:30pm	5:30 – 8:30pm	xxx	5:30 – 8:30pm	5:30 – 8:30pm	10:00am – 12:00pm	14 hours
Platinum	4:30 – 8:30pm	4:30 – 8:30pm	4:30 – 8:30pm	4:30 – 8:30pm	4:30 – 8:30pm	9:00am – 12:30pm	23.5 hours