

2023-24 Holiday Training Schedule									
	Sat Dec. 16	Sun Dec. 17	Mon Dec. 18	Tue Dec. 19	Wed Dec. 20	Thu Dec. 21	Fri Dec. 22	Sat Dec. 23	Sun Dec. 24
High Performance	7:00-9:00 AM 1:00-3:00 PM	No Practice	7:00-9:00 AM 1:00-3:00 PM	7:00-9:00 AM 1:00-3:00 PM	7:00-9:00 AM 1:00-3:00 PM	7:00-9:00 AM 1:00-3:00 PM	7:00-9:00 AM 1:00-3:00 PM	7:00-9:00 AM 1:00-3:00 PM	7:00-9:00 AM
Select	7:00-9:00 AM 1:00-3:00 PM	No Practice	7:00-9:00 AM 1:00-3:00 PM	7:00-9:00 AM	7:00-9:00 AM 1:00-3:00 PM	7:00-9:00 AM	7:00-9:00 AM 1:00-3:00 PM	7:00-9:00 AM	7:00-9:00 AM
Senior	9:00-10:30 AM	No Practice	9:00-10:30 AM	9:00-10:30 AM	9:00-10:30 AM	9:00-10:30 AM	9:00-10:30 AM	9:00-10:30 AM	No Practice
Pre-Select	9:00-10:30 AM	No Practice	9:00-10:30 AM	9:00-10:30 AM	9:00-10:30 AM	9:00-10:30 AM	9:00-10:30 AM	9:00-10:30 AM	No Practice
Gold	10:30-12:00 PM	No Practice	10:30-12:00 PM	10:30-12:00 PM	10:30-12:00 PM	10:30-12:00 PM	10:30-12:00 PM	10:30-12:00 PM	No Practice
Silver	10:30-12:00 PM	No Practice	10:30-12:00 PM	10:30-12:00 PM	10:30-12:00 PM	10:30-12:00 PM	10:30-12:00 PM	10:30-12:00 PM	No Practice
Bronze	12:00-1:00 PM	No Practice	12:00-1:00 PM	12:00-1:00 PM	12:00-1:00 PM	12:00-1:00 PM	12:00-1:00 PM	12:00-1:00 PM	No Practice
Blue/Red	12:00-12:45 PM	No Practice	12:00-12:45 PM	12:00-12:45 PM	No Practice	12:00-12:45 PM	No Practice	12:00-12:45 PM	No Practice
Fit and Fun	12:00-1:00 PM	No Practice	No Practice	No Practice	12:00-1:00 PM	No Practice	No Practice	No Practice	No Practice
	Mon Dec. 25	Tue Dec. 26	Wed Dec. 27	Thu Dec. 28	Fri Dec. 29	Sat Dec. 30	Sun Dec. 31	Mon Jan. 1	Tue Jan. 2
High Performance	No Practice	No Practice	1:00-3:00 PM	7:00-9:00 AM 1:00-3:00 PM	7:00-9:00 AM 1:00-3:00 PM	7:00-9:00 AM 1:00-3:00 PM	9:00-11:00 AM	No Practice	1:00-3:00 PM
Select	No Practice	No Practice	1:00-3:00 PM	7:00-9:00 AM 1:00-3:00 PM	7:00-9:00 AM	7:00-9:00 AM 1:00-3:00 PM	9:00-11:00 AM	No Practice	1:00-3:00 PM
Senior	No Practice	No Practice	9:00-10:30 AM	9:00-10:30 AM	9:00-10:30 AM	9:00-10:30 AM	No Practice	No Practice	9:00-10:30 AM
Pre-Select	No Practice	No Practice	9:00-10:30 AM	9:00-10:30 AM	9:00-10:30 AM	9:00-10:30 AM	No Practice	No Practice	9:00-10:30 AM
Gold	No Practice	No Practice	10:30-12:00 PM	10:30-12:00 PM	10:30-12:00 PM	10:30-12:00 PM	No Practice	No Practice	10:30-12:00 PM
Silver	No Practice	No Practice	10:30-12:00 PM	10:30-12:00 PM	10:30-12:00 PM	10:30-12:00 PM	No Practice	No Practice	10:30-12:00 PM
Bronze	No Practice	No Practice	No Practice	12:00-1:00 PM	12:00-1:00 PM	12:00-1:00 PM	No Practice	No Practice	12:00-1:00 PM
Blue/Red	No Practice	No Practice	No Practice	12:00-12:45 PM	12:00-12:45 PM	12:00-12:45 PM	No Practice	No Practice	12:00-12:45 PM
Fit and Fun	No Practice	No Practice	No Practice	No Practice	No Practice	12:00-1:00 PM	No Practice	No Practice	No Practice