

## 2024-25 Holiday Training Schedule

	Sat Dec. 21	Sun Dec. 22	Mon Dec. 23	Tue Dec. 24	Wed Dec. 25	Thu Dec. 26	Fri Dec. 27	Sat Dec. 28	Sun Dec. 29
<b>High Performance</b>	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	<b>No Practice</b>	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
<b>Select</b>	8:00-9:30 AM	7:00-9:00 AM	8:30-10:00 AM 1:00-2:30 PM	7:00-9:00 AM	<b>No Practice</b>	<b>No Practice</b>	8:30-10:00 AM 1:00-2:30 PM	8:00-9:30 AM	<b>No Practice</b>
<b>SWAT</b>	8:30 -10:00 AM	8:30-10:00 AM	8:30-10:00 AM	<b>No Practice</b>	<b>No Practice</b>	<b>No Practice</b>	8:30-10:00 AM	8:30 -10:00 AM	<b>No Practice</b>
<b>Pre-Select</b>	8:00-9:30 AM	8:30-10:00 AM	8:30-10:00 AM 1:00-2:30 PM	7:00-9:00 AM	<b>No Practice</b>	<b>No Practice</b>	8:30-10:00 AM 1:00-2:30 PM	8:00-9:30 AM	<b>No Practice</b>
<b>Gold</b>	8:30 -10:00 AM	10:00-11:30 AM	10:00-11:30 AM	<b>No Practice</b>	<b>No Practice</b>	<b>No Practice</b>	10:00-11:30 AM	8:30 -10:00 AM	<b>No Practice</b>
<b>Silver</b>	10:00-11:00 AM	10:00-11:00 AM	10:00-11:00 AM	<b>No Practice</b>	<b>No Practice</b>	<b>No Practice</b>	10:00-11:00 AM	10:00-11:00 AM	<b>No Practice</b>
<b>Bronze</b>	10:15 -11:00 AM	11:00-12:00 PM	11:00-12:00 PM	<b>No Practice</b>	<b>No Practice</b>	<b>No Practice</b>	11:00-12:00 PM	10:15 -11:00 AM	<b>No Practice</b>
<b>Blue/Red</b>	10:15-11:00 AM	11:15-12:00 PM	11:15-12:00 PM	<b>No Practice</b>	<b>No Practice</b>	<b>No Practice</b>	11:15-12:00 PM	10:15-11:00 AM	<b>No Practice</b>
	Mon Dec. 30	Tue Dec. 31	Wed Jan. 1	Thu Jan 2	Fri Jan 3	Sat Jan 4	Sun Jan 5	Mon Jan. 6	Tue Jan. 2
<b>High Performance</b>	7:00-9:00 AM 1:00-3:00 PM	7:00-9:00 AM	<b>No Practice</b>	7:00-9:00 AM	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	7:00-9:00 AM 1:00-3:00 PM	Regular Practice
<b>Select</b>	8:30-10:00 AM 1:00-2:30 PM	7:00-9:00 AM	<b>No Practice</b>	8:30-10:00 AM	8:30-10:00 AM 1:00-2:30 PM	8:00-9:30 AM	<b>No Practice</b>	8:30-10:00 AM 1:00-2:30 PM	Regular Practice
<b>SWAT</b>	8:30-10:00 AM	<b>No Practice</b>	<b>No Practice</b>	9:00-10:30 AM	9:00-10:30 AM	8:30 -10:00 AM	<b>No Practice</b>	8:30-10:00 AM	Regular Practice
<b>Pre-Select</b>	8:30-10:00 AM 1:00-2:30 PM	7:00-9:00 AM	<b>No Practice</b>	8:30-10:00 AM	8:30-10:00 AM 1:00-2:30 PM	8:00-9:30 AM	<b>No Practice</b>	8:30-10:00 AM 1:00-2:30 PM	Regular Practice
<b>Gold</b>	10:00-11:30 AM	<b>No Practice</b>	<b>No Practice</b>	10:00-11:30 AM	10:00-11:30 AM	8:30 -10:00 AM	<b>No Practice</b>	10:00-11:30 AM	Regular Practice
<b>Silver</b>	10:00-11:00 AM	<b>No Practice</b>	<b>No Practice</b>	10:00-11:00 AM	10:00-11:00 AM	10:00-11:00 AM	<b>No Practice</b>	10:00-11:00 AM	Regular Practice
<b>Bronze</b>	11:00-12:00 PM	<b>No Practice</b>	<b>No Practice</b>	11:00-12:00 PM	11:00-12:00 PM	10:15 -11:00 AM	<b>No Practice</b>	11:00-12:00 PM	Regular Practice
<b>Blue/Red</b>	11:15-12:00 PM	<b>No Practice</b>	<b>No Practice</b>	11:15-12:00 PM	11:15-12:00 PM	10:15-11:00 AM	<b>No Practice</b>	11:15-12:00 PM	Regular Practice