

FOR WINTER BREAK SCHEDULE, SEE PAGE TWO



Short Course Practice Schedule

Short Course Season 2025- 2026

December 8 - December 20 • January 5 - March 12

No practice: Dec 9, Dec 13, Feb 12-13, Feb 16

Updated 12/04/2025

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze Plus	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	off	off
Silver Plus	5:15-6:15 PM SW	5:15-6:45 PM DL/SW	5:15-6:15 PM SW	5:15-6:45 PM DL/SW	off	9:00-10:00 AM SW
Gold Plus	5:15-6:45 PM SW	5:15-7:30 PM DL/SW	5:15-6:45 PM SW	5:15-7:30 PM DL/SW	5:00-6:30 PM SW	8:00-9:30 AM SW
National	5:15-6:45 PM SW	5:15-7:30 PM DL/SW	5:15-6:45 PM SW	5:15-7:30 PM DL/SW	5:00-6:30 PM SW	8:00-10:00 AM SW

Dryland Schedule (DL)

Silver Plus	5:15-5:45 PM	5:15-5:45 PM
Gold Plus	5:15-6:00 PM	5:15-6:00 PM
National	5:15-6:00 PM	5:15-6:00 PM



Winter Break Practice Schedule

December 22, 2025 - January 3, 2026

No practice: Dec 24, Dec 25, Dec 26, Dec 27, Dec 31, and Jan 1

There will be no dryland for Silver Plus, Gold Plus, or National over the holiday schedule

Updated 10/29/2025

	Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A	Bronze Plus	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	off	off
	Silver Plus	4:30-5:30 PM SW	4:30-5:30 PM SW	4:30-5:30 PM SW	4:30-5:30 PM SW	off	9:00-10:00 AM SW
	Gold Plus	5:00-6:30 PM SW	5:00-6:30 PM SW	5:00-6:30 PM SW	5:00-6:30 PM SW	5:00-6:30 PM SW	8:00-9:30 AM SW
	National	5:00-6:30 PM SW	5:00-6:30 PM SW	5:00-6:30 PM SW	5:00-6:30 PM SW	5:00-6:30 PM SW	8:00-10:00 AM SW