

Sports Performance Girls 18's Practice / Lifting Schedule

Practice Days	G18E,R,W,B	G18N,M
Monday	OFF	6:30-9:30 pm
Tuesday	OFF	OFF
Wednesday	3:30-7:30 pm	OFF
Thursday	3:30-7:30 pm	3:30-7:30 pm
Friday	3:30 - 7:30 pm	3:30-7:30 pm

Lifting Days	G18E,R,W,B	G18N,M
Monday	4:00 pm (4)	7:00 pm (2)
Tuesday		
Wednesday	7:30 pm (4)	
Thursday		7:30 pm (2)
Friday		

Sports Performance Girls 15 Elite Practice / Lifting Schedule

Practice Days	G15 Elite Group	
Monday	4:00-7:00 pm	All
Tuesday	OFF	
Wednesday	OFF	
Thursday	7:00-9:30 pm	All
Friday	3:30-7:00 pm	3:30 setters/4:30 practice

Lifting Days	G15 Elite
Monday	7:00 pm (4)
Tuesday	
Wednesday	
Thursday	
Friday	7:00 pm (4)

Sports Performance Girls 16's Practice / Lifting Schedule

Practice Days	G16
Monday	OFF
Tuesday	OFF
Wednesday	3:30-7:30 pm
Thursday	3:30-7:30 pm
Friday	3:30 - 7:00 pm

Lifting Days	G16
Monday	
Tuesday	
Wednesday	7:30 pm (4)
Thursday	7:30 pm (4)
Friday	

Sports Performance Girls 15's Club Practice / Lifting Schedule

Practice Days	G15 Club Group	
Monday	7:00-9:30 pm (December-Feb. 22nd)	All
Tuesday	OFF	
Wednesday	7:15-9:45 pm (March 3rd-end of season)	ALL
Thursday	3:30 setters/4:30-7:00 pm ALL	
Friday	7:00-9:30 pm	ALL

Lifting Days	G15 Club
Monday	6:00 pm (December-Feb. 22nd)
Tuesday	
Wednesday	6:00 pm (March 3rd-end of season)
Thursday	
Friday	6:00 pm (6)

Sports Performance Girls 14 Elite Practice / Lifting Schedule

Practice Days	G14 Elite Group
Monday	4:00-6:30 pm
Tuesday	6:30-9:00 pm
Wednesday	OFF
Thursday	14W/14B 7-9:30 pm
Friday	14E/14R 4:30-7:00 pm

Lifting Days	G14 Elite
Monday	6:30-7:00 pm (4)
Tuesday	
Wednesday	
Thursday	
Friday	7:00-7:30 pm (2)

Sports Performance Girls 13 Elite Practice / Lifting Schedule

Practice Days	G13 Elite Group
Monday	6:30-9:00 pm
Tuesday	4:00-6:30 pm
Wednesday	4:00-6:00 pm
Thursday	
Friday	

Lifting Days	G13 Elite
Monday	
Tuesday	
Wednesday	6:00 -7:00 pm (4)
Thursday	
Friday	

Sports Performance Girls 14 Club Practice / Lifting Schedule

Practice Days	G14 Club Group
Monday	4:00-6:30 pm
Tuesday	6:30-9:00 pm
Wednesday	OFF
Thursday	OFF
Friday	OFF

Lifting Days	G14 Club
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

Sports Performance Girls 13 Club Practice / Lifting Schedule

Practice Days	G13 Club Group
Monday	6:30-9:00 pm
Tuesday	4:00-6:30 pm
Wednesday	OFF
Thursday	OFF
Friday	OFF

Lifting Days	G13 Club
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

Sports Performance Boys 14's Practice / Lifting Schedule

Practice Days	B14
Monday	OFF
Tuesday	4:00-6:30 pm
Wednesday	OFF
Thursday	OFF
Friday	7:00-9:30pm

Lifting Days	B14
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

Sports Performance Boys 13's Practice / Lifting Schedule

Practice Days	B13
Monday	OFF
Tuesday	OFF
Wednesday	4:00-6:30 pm
Thursday	OFF
Friday	7:00-9:30pm

Lifting Days	B13
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	