



GIRLS TEAM TRAINING SCHEDULE

(as of 06/15/24)

2024-2025 TRAINING SCHEDULE*: (SUMMER - June 24, 2024 thru August 24, 2024)

<u>LEVEL</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>HOURS/WEEK</u>
PreTeam (4-6)	OFF	OFF	3:30-5:30 PM	OFF	2
PreBronze (6+)	OFF	OFF	3:30-5:30 PM	OFF	2
Level 1	OFF	3:30-5:30 PM	OFF	3:30-5:30 PM	4
Level 2	3:30-5:30 PM	OFF	5:30-8:30 PM	5:30-8:30 PM	8
Level 3	5:30-8:30 PM	5:30-8:30 PM	5:30-8:30 PM	5:30-8:30 PM	12
Level 4	1:00-5:00 PM	9:00 AM-1:00 PM	9:00 AM-1:00 PM	OFF	12
Level 5	1:00-5:00 PM	9:00 AM-1:00 PM	9:00 AM-12:00 PM	9:00 AM - 2:00 PM	16
Level 6/7	1:00-5:00 PM	9:00 AM-1:00 PM	9:00 AM-12:00 PM	9:00 AM - 2:00 PM	16
Xcel Bronze	5:30-8:00 PM	OFF	OFF	5:30-8:00 PM	5
Xcel Silver	5:30-8:00 PM	5:30-7:30 PM	OFF	5:30-8:00 PM	7
Xcel Gold	5:30-8:30 PM	5:30-8:30 PM	OFF	5:30-8:30 PM	9
Xcel Platinum	1:00-5:00 PM	9:00 AM-1:00 PM	9:00 AM-1:00 PM	OFF	12

2024-2025 TRAINING SCHEDULE*: (August 26, 2024 thru June 20, 2025)

<u>LEVEL</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>HOURS/ WEEK</u>
PreTeam (4-6)	OFF	OFF	3:30-5:30 PM	OFF	OFF	OFF	2
PreBronze (6+)	OFF	OFF	3:30-5:30 PM	OFF	OFF	OFF	2
Level 1	OFF	3:30-5:30 PM	OFF	3:30-5:30 PM	OFF	OFF	4
Level 2	3:30-5:30 PM	OFF	5:30-8:30 PM	5:30-8:30 PM	OFF	OFF	8
Level 3	5:30-8:30 PM	5:30-8:30 PM	5:30-8:30 PM	5:30-8:30 PM	OFF	OFF	12
Level 4	4:30-8:30 PM	OFF	4:30-8:30 PM	OFF	4:30-8:30 PM	OFF	12
Level 5	4:30-8:30 PM	OFF	4:30-8:30 PM	OFF	4:30-8:30 PM	9:15 AM - 1:15 PM	16
Level 6/7	4:30-8:30 PM	OFF	4:30-8:30 PM	OFF	4:30-8:30 PM	9:15 AM - 1:15 PM	16
Xcel Bronze	5:30-8:00 PM	OFF	OFF	5:30-8:00 PM	OFF	OFF	5
Xcel Silver	5:30-8:00 PM	5:30-7:30 PM	OFF	5:30-8:00 PM	OFF	OFF	7
Xcel Gold	5:30-8:30 PM	5:30-8:30 PM	OFF	5:30-8:30 PM	OFF	OFF	9
Xcel Platinum	4:30-8:30 PM	OFF	4:30-8:30 PM	OFF	4:30-8:30 PM	OFF	12

*Note: We do not anticipate any schedule changes, however, we reserve the right to adjust the schedules above as needed.