

## 2010-2011 Practice Schedule

This is an overview of the practice schedule.

Please go to the team calendar for current changes and updates!

### Senior Elite

#### Fall Schedule September 7-26

CORE Training times TBA

#### Fall Schedule September 27-November 4

Monday –Friday 4-6:30

Saturday 9-11 am, Sunday TBA

#### Winter Schedule November 5 – March 30, 2011

Monday & Wednesday 4:30-7:30

Tuesday & Thursday 6:30-9:30

Saturday 8-11 am, Sunday TBA

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### Scarlet Elite

#### Fall Schedule September 27-November 4

Monday –Thursday 6:45-8:45

Saturday 10:30-12:30, Sunday TBA

#### Winter Schedule November 5 – March 16, 2011

Monday & Wednesday 6:45-9:00

Tuesday & Thursday 4:30-6:40

Saturday 10:30-12:30 am, Sunday TBA

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### Brutus Elite

#### Fall Schedule September 27-November 4

Tuesday, Weds & Thursday 6-7:15

Saturday 8-9 am, Sunday TBA

#### Winter Schedule November 5 – March 16, 2011

Tuesday & Thursday 6:15-7:30

Weds 4:45-6:15

Saturday 8-9 am, Sunday TBA

### Senior Select

#### Fall Schedule September 27-November 4

Monday –Friday 4-6

Post season with Senior elite

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### Silver Select

#### Winter Schedule November 5 – February 20, 2011

Option 1:

Monday 5-6:15, Weds 6-7

Friday 5:30-7, Sunday TBA

Option 2:

Tuesday & Thursday 7:30-8:45

Friday 5:30-7, Sunday TBA

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### Silver Select TOO

#### Fall Schedule October 12-November 4

Tuesday & Thursday 6-7

Sunday TBA

#### Winter Schedule November 5 – March 16, 2011

Tuesday & Thursday 6:30-7:30

Sunday TBA

