



**2024 LONG COURSE Season Practice Schedule
(Summer Schedule)**

MORNING Practice Schedule: May 27 – July 26

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>National Elite</i>	6:45-9:00	6:45-9:00	6:45-9:00	6:45-9:00	6:45-9:00	7:00-9:00
<i>Pre-National Elite</i>	OFF	7:00-9:00	7:00-9:00	7:00-9:00	7:00-9:00	7:00-9:00
<i>Senior</i>	OFF	9:00-11:00	OFF	9:00-11:00	OFF	9:00-11:00
<i>Maroon Elite</i>	7:00-9:00	9:00-11:00	9:00-11:00	OFF	9:00-11:00	7:00-9:00
<i>White Plus</i>	OFF	OFF	9:00-10:45	OFF	OFF	9:00-10:45

AFTERNOON Practice Schedule: May 27 – July 26

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>National Elite</i> <i>Coach Cagle</i>	3:00-5:00	3:00-5:00	OFF	3:00-5:00	OFF
<i>Pre-National Elite</i> <i>Coach Rick</i>	3:00-5:00	3:00-5:00	OFF	3:00-5:00	OFF
<i>Senior</i> <i>Coach Nelson/Coskey</i>	3:00-4:30	OFF	3:00-4:30	OFF	3:00-4:30
<i>Maroon Elite</i> <i>Coach Shana</i>	5:00-6:30	OFF	5:00-6:30	5:00-6:30	OFF
<i>White Plus</i> <i>Coach Shane</i>	5:45-7:30	5:45-7:30	5:45-7:30	5:45-7:30	5:45-7:30
<i>White</i> <i>Coach Gustavo</i>	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30
<i>Gold</i> <i>Coach Raven</i>	5:45-7:00	5:45-7:00	5:45-7:00	5:45-7:00	5:45-7:00
<i>Silver</i> <i>Coach Shane/Gustavo</i>	5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00	OFF
<i>Bronze</i> <i>Coach Raven</i>	5:00-5:45	5:00-5:45	OFF	5:00-5:45	5:00-5:45

Schedule above is subject to change at any point due to unforeseen circumstances, holidays, or special situations

LAST DAY OF LONG COURSE PRACTICE: Friday, July 26
3-WEEK TEAM BREAK: July 27-August 18
RETURN TO PRACTICE FOR SHORT COURSE: Monday, August 19