

2019-20 AAAA-NE Fall Practice Schedule

September 9 – March 8

Revised 10/1/19

GROUP	TIME	DAYS	TRAINING
National	5:15-7:15 PM	M, W, Fri	Walker C
	5:15-7:15 PM	T, Th	Walker B
	7:00-10:00 AM	Sat	Davis
	6:45-7:15 PM	M, W, Fri	Dryland (Davis)
Senior 1	5:15-7:00 PM	M	Walker A/B
	5:15-7:00 PM	T, Th	Walker C
	5:15-7:00 PM	W	Davis
	5:15-7:00 PM	Fri	Walker B
	7:00-9:30 AM	Sat	Walker B
	7:15-8:00 PM	T, Th	Dryland
Senior 2A	5:15-7:00 PM	M	Davis
	5:15-6:30 PM	T	Dryland (Davis)
	5:15-7:00 PM	W	Walker B
	5:15-7:00 PM	Fri	Davis
	9:00-10:30 AM	Sat	Sports Park
Senior 2B	5:00-6:30 PM	M-Th	Sports Park
	7:30-9:00 AM	Sat	Sports Park
	TBD	TBD	Dryland
Pre-National	5:15-7:00 PM	M, W	Walker B
	5:15-7:00 PM	T, Th	Davis
	5:15-7:00 PM	Fri	Walker A
	7:00-9:30 AM	Sat	Walker C
	7:15-8:00 PM	M, W	Dryland
Gold 1	7:00-8:30 PM	M, W	Walker B
	7:00-8:30 PM	T, Th	Davis
	9:30-11:15 AM	Sat	Walker C
	TBD	TBD	Dryland
Silver 1	7:00-8:30 PM	M, W	Walker B
	7:00-8:30 PM	T, Th	Davis
	9:30-11:15 AM	Sat	Walker C
	TBD	TBD	Dryland

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GROUP	TIME	DAYS	TRAINING
Gold 2	7:00-8:30 PM	M, W	Davis
	7:00-8:30 PM	T, Th	Walker C
	9:30-11:00 AM	Sat	Walker B
	TBD	TBD	Dryland
Silver 2	7:00-8:30 PM	M, W	Davis
	7:00-8:30 PM	T, Th	Walker C
	9:30-11:00 AM	Sat	Walker B
	TBD	TBD	Dryland
Gold 3	7:15-8:30 PM	M, W	Walker C
	7:15-8:30 PM	Th	Walker B
	10:30 AM-12:00 PM	Sat	Sports Park
	TBD	TBD	Dryland
Silver 3	7:15-8:30 PM	M, W	Walker A
	7:15-8:30 PM	T	Walker B
	10:30 AM-12:00 PM	Sat	Walker A
	TBD	TBD	Dryland
Novice			
WHITE	4:10-5:00 PM	T, W, Th	Walker A
Novice			
YELLOW	5:00-5:50 PM	T, W, Th	Walker A
Novice			
NAVY	5:50-6:40 PM	T, W, Th	Walker A
Novice			
GREY	6:40-7:30 PM	T, W, Th	Walker A

** Each Season, after practices have started, we modify group schedules if needed!