

### Regular Practice Schedule

	<b>Monday</b>	<b>Tuesday</b>	<b>Weds</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Varsity</b>	5:15-6:50AM 2:45-5:30 PM	2:45-5:30 PM	5:15-6:50AM 3:15-5:30PM	2:45-5:30 PM	5:15-6:50AM 2:45-5:00PM	7:30-11:15AM
<b>JV Gold</b>	2:45-5:00	2:45-5:30	5:15-6:50AM 3:15-5:30	2:45-5:00	2:45-5:00	7:30-11:15
<b>JV Blue</b>	2:50-4:30	2:50-4:30	3:15-4:45	2:50-4:30	2:50-4:30	No Practice
<b>Diving</b>	2:45-5:30	2:45-5:30	3:15-5:30	2:45-5:30	2:45-5:30	8:00-10:00

### Holiday Practice Schedule

	<b>Monday</b>	<b>Tuesday</b>	<b>Weds</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Varsity</b>	7:30-11:15 AM 3:30-5:30 PM	7:30-10:00 AM 3:30-5:30 PM	7:30-11:15AM 3:30-5:30 PM	7:30-10:00 AM 3:30-5:30 PM	7:30-11:15 AM 3:30-5:30 PM	7:30-11:15AM
<b>JV Gold</b>	7:30-11:15	7:30-10:00	7:30-10:00 3:30-5:30	7:30-10:00	7:30-11:15	7:30-11:15
<b>JV Blue</b>	8:00-9:45	8:00-9:45	8:00-9:45	8:00-9:45	8:00-9:45	No Practice
<b>Diving</b>	8:00-10:00	8:00-10:00	8:00-10:00	8:00-10:00	8:00-10:00	8:00-10:00

### Coaches Contact

<b>Level</b>	<b>Coach</b>	<b>Email</b>	<b>Phone</b>
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