



2024 Fall Practice Schedule

First Colony Area

Starting September 3rd

DEVELOPMENTAL DIVISION				
TRAINING GROUP	PRACTICE DAYS	PRACTICE TIMES	STRENGTH & CONDITIONING	LOCATION
White A Coach Justin	Monday & Wednesday	4:45-5:45 PM	4:45-5:00 PM	Colony Grant 8
	Friday	4:45-5:45 PM		Colony Grant 6
White B Coach Justin	Tuesday & Thursday	6:00-7:00 PM	6:00-6:15 PM	Colony Grant 8
	Friday	4:45-5:45 PM		Colony Grant 6
Red A Coach Justin	Monday & Wednesday	6:00-7:00 PM	6:00-6:15 PM	Colony Grant 8
	Friday	6:00-7:00 PM		Colony Grant 6
Red B Coach Justin	Tuesday & Thursday	4:45-5:45 PM	4:45-5:00 PM	Colony Grant 8
	Friday	6:00-7:00 PM		Colony Grant 6
Red C Coach Danielle	Monday & Wednesday	4:45-5:45 PM	4:45-5:00 PM	Aquatic Center
	Friday	4:45-5:45 PM		Aquatic Center
Blue FC Coach Mandy	Monday - Thursday	5:00-6:15 PM	5:00-5:15 PM Monday/Wednesday	Colony Grant 6
	Saturday	8:00-9:15 AM		Colony Grant 6



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AGE GROUP DIVISION				
TRAINING GROUP	PRACTICE DAYS	PRACTICE TIMES	STRENGTH & CONDITIONING	LOCATION
Age Group 1 Coach Brooks	Monday, Tuesday, & Thursday	5:00-6:30 PM	5:00-5:20 PM	Settlers Park
	Friday	5:00-6:15 PM		Settlers Park
	Saturday	7:45-9:30 AM	7:45-8:05 AM	New Territory
Age Group 2 Coach Myka	Monday – Thursday	6:15-7:45 PM	6:15-6:30 PM Tuesday/Thursday	Colony Grant 6
	Saturday	9:15-10:45 AM		Colony Grant 6
Age Group 3 Coach Brooks	Monday – Thursday	6:15-8:00 PM	6:15-6:40 PM	Settlers Park
	Friday	6:15-7:45 PM		Settlers Park
	Saturday	9:30-11:00 AM		New Territory
Age Group 4 Coach Ben H.	Monday – Thursday	5:45-7:45 PM	5:45-6:15 PM	Aquatic Center
	Friday	5:45-7:15 PM		Aquatic Center
	Saturday	9:00-11:00 AM		Aquatic Center
Pre-Senior 2 Coach Danielle	Monday – Thursday	5:45-7:45 PM	5:45-6:15 PM	Aquatic Center
	Friday	5:30-7:15 PM		Aquatic Center
	Saturday	8:30-11:00 AM	8:30-9:00 AM	Aquatic Center
Pre-Senior 3 Coach Adrian D.	Monday – Thursday	5:30-7:45 PM	5:30-6:00 PM	Aquatic Center
	Friday	5:30-7:15 PM		Aquatic Center
	Saturday	8:30-11:00 AM	8:30-9:00 AM	Aquatic Center



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SENIOR DIVISION				
TRAINING GROUP	PRACTICE DAYS	PRACTICE TIMES	STRENGTH & CONDITIONING	LOCATION
Senior 3 Coach Adrian D.	Monday & Wednesday	3:30-6:30 PM	5:45-6:30 PM	Aquatic Center
	Tuesday, Thursday, & Friday	3:30-5:30 PM		Aquatic Center
	Saturday	6:30-10:00 AM	9:00-10:00 AM	Aquatic Center
Senior Elite Coach Ben	Monday & Wednesday	3:30-6:30 PM	5:45-6:30 PM	Aquatic Center
	Tuesday & Thursday	3:30-5:45 PM		Aquatic Center
	Friday	3:30-5:30 PM		Aquatic Center
	Saturday	6:30-10:00 AM	9:00-10:00 AM	Aquatic Center