



SHORT COURSE SEASON (August 19, 2024 – March 7, 2025)

MORNING Practice Schedule: September 16 – February 28

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>National Elite</i>	OFF	5:30-7:00	OFF	5:30-7:00	OFF	7:00-9:30
<i>Pre-National Elite</i>	OFF	5:30-7:00	OFF	5:30-7:00	OFF	7:00-9:00
Senior	OFF	OFF	OFF	OFF	OFF	9:30-11:00
<i>Maroon Elite</i>	OFF	5:30-7:00	OFF	5:30-7:00	OFF	9:00-11:00
<i>White Plus</i>	OFF	OFF	OFF	OFF	OFF	9:00-11:00

AFTERNOON Practice Schedule: August 19 – March 7

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>National Elite</i> <i>Coach Stu</i>	3:30-6:00	3:30-6:00	3:30-6:00	3:30-6:00	3:30-6:00
<i>Pre-National Elite</i> <i>Coach Bekah</i>	3:30-5:30	3:30-5:30	3:30-5:30	3:30-5:30	3:30-5:30
Senior <i>Coach Nelson/Coskey</i>	3:30-5:00	3:30-5:00	3:30-5:00	3:30-5:00	3:30-5:00
High School <i>Coach Nelson/Coskey</i>	3:30-5:00	OFF	3:30-5:00	OFF	3:30-5:00
Junior High-OCPE <i>Coach Joy</i>	2:00-3:15	2:00-3:15	2:00-3:15	2:00-3:15	2:00-3:15
<i>Maroon Elite</i> <i>Coach Shana</i>	5:30-7:30	5:30-7:30	5:30-7:30	5:30-7:30	5:30-7:30
<i>White Plus</i> <i>Coach Shane</i>	6:00-7:45	6:00-7:45	6:00-7:45	6:00-7:45	6:00-7:45
White <i>Coach Gustavo</i>	6:15-7:45	6:15-7:45	6:15-7:45	6:15-7:45	6:15-7:45
Gold <i>Coach Bekah</i>	6:15-7:30	6:15-7:30	6:15-7:30	6:15-7:30	6:15-7:30
Silver <i>Coach Shane</i>	5:15-6:15	5:15-6:15	5:15-6:15	5:15-6:15	OFF
Bronze <i>Coach Shana</i>	5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	OFF
League <i>Coach Bekah</i>	7:30-8:15	7:30-8:15	7:30-8:15	7:30-8:15	OFF

*League is a NON-competitive, recreation group that will be available in pre-determined "seasons" (not fully year round)

*Junior High – OCPE is our Off-Campus PE program offered ONLY during MISD instructional days

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