



2025-2026 SCHOOL YEAR PRACTICE SCHEDULE
(Through May 22, 2026)

MORNING Practice Schedule (Starts Sept 16th)

	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	9:00-11:00
<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

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>National Elite</i> <i>Coach Stu</i>	3:30-5:30	3:30-5:30	3:30-5:30	3:30-5:30	3:30-5:30
<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 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 Coskey</i>	3:30-5:00	OFF	3:30-5:00	OFF	3:30-5:00
<i>*Junior High-OCPE*</i> <i>Coach Joy</i>	2:30-3:30	2:30-3:30	2:30-3:30	2:30-3:30	2:30-3:30
<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>	5:30-6:45	5:30-6:45	5:30-6:45	5:30-6:45	5:30-6:45
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 Karla</i>	5:00-5:45	OFF	5:00-5:45	OFF	5:00-5:45
Copper <i>Coach Karla</i>	OFF	5:00-5:45	OFF	5:00-5:45	OFF
<i>*League*</i> <i>Coach Karla</i>	6:45-7:30	6:45-7:30	6:45-7:30	6:45-7:30	OFF

**League is a NON-competitive, recreation group that will be available in predetermined "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