



2025 CHRISTMAS PRACTICE SCHEDULE WEEK OF DECEMBER 22-27

MORNING Practice Schedule

	Monday	Tuesday	<i>CHRISTMAS EVE</i>	<i>CHRISTMAS</i>	Friday	Saturday
<i>National Elite</i> <i>Coach Stu</i>	7:00-9:30	7:00-9:30	<i>OFF</i>	<i>OFF</i>	7:00-9:30	7:00-9:30
<i>Pre-National Elite</i> <i>Coach Bekah</i>	7:00-9:00	7:00-9:00	<i>OFF</i>	<i>OFF</i>	7:00-9:00	7:00-9:00
<i>Senior</i> <i>Coach Coskey</i>	9:30-11:00	OFF	<i>OFF</i>	<i>OFF</i>	OFF	9:00-11:00
<i>Maroon Elite</i> <i>Coach Shana</i>	9:00-11:00	9:00-11:00	<i>OFF</i>	<i>OFF</i>	9:00-11:00	9:00-11:00
<i>White Plus</i> <i>Coach Shane</i>	OFF	9:30-11:00	<i>OFF</i>	<i>OFF</i>	OFF	9:00-11:00

AFTERNOON Practice Schedule

	Monday	Tuesday	<i>CHRISTMAS EVE</i>	<i>CHRISTMAS</i>	Friday
<i>National Elite</i> <i>Coach Stu</i>	3:00-4:30	3:00-4:30	<i>OFF</i>	<i>OFF</i>	3:00-4:30
<i>Pre-National Elite</i> <i>Coach Bekah</i>	3:00-4:30	3:00-4:30	<i>OFF</i>	<i>OFF</i>	3:00-4:30
<i>Senior</i> <i>Coach Coskey</i>	3:00-4:30	3:00-4:30	<i>OFF</i>	<i>OFF</i>	3:00-4:30
<i>High School</i> <i>Coach Coskey</i>	3:00-4:30	3:00-4:30	<i>OFF</i>	<i>OFF</i>	3:00-4:30
<i>Maroon Elite</i> <i>Coach Shana</i>	4:30-6:00	4:30-6:00	<i>OFF</i>	<i>OFF</i>	4:30-6:00
<i>White Plus</i> <i>Coach Shane</i>	5:15-7:00	5:15-7:00	<i>OFF</i>	<i>OFF</i>	5:15-7:00
<i>White</i> <i>Coach Gustavo</i>	5:30-7:00	5:30-7:00	<i>OFF</i>	<i>OFF</i>	5:30-7:00
<i>Gold</i> <i>Coach Bekah</i>	4:30-5:45	4:30-5:45	<i>OFF</i>	<i>OFF</i>	4:30-5:45
<i>Silver</i> <i>Coach Shane/Coach Gustavo</i>	4:30-5:30	4:30-5:30	<i>OFF</i>	<i>OFF</i>	4:30-5:30
<i>Bronze</i> <i>Coach Karla</i>	4:30-5:15	OFF	<i>OFF</i>	<i>OFF</i>	4:30-5:15
<i>Copper</i> <i>Coach Karla</i>	OFF	4:30-5:15	<i>OFF</i>	<i>OFF</i>	OFF

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



2025-2026 NEW YEARS PRACTICE SCHEDULE WEEK OF DECEMBER 29-JANUARY 3

MORNING Practice Schedule

	Monday	Tuesday	Wednesday	<i>NEW YEAR</i>	Friday	Saturday
<i>National Elite</i> <i>Coach Stu</i>	7:00-9:30	7:00-9:30	7:00-9:30	<i>OFF</i>	7:00-9:30	7:00-9:30
<i>Pre-National Elite</i> <i>Coach Bekah</i>	7:00-9:00	7:00-9:00	7:00-9:00	<i>OFF</i>	7:00-9:00	7:00-9:00
<i>Senior</i> <i>Coach Coskey</i>	9:30-11:00	OFF	OFF	<i>OFF</i>	OFF	9:00-11:00
<i>Maroon Elite</i> <i>Coach Shana</i>	9:00-11:00	9:00-11:00	9:00-11:00	<i>OFF</i>	9:00-11:00	9:00-11:00
<i>White Plus</i> <i>Coach Shane</i>	OFF	9:30-11:00	OFF	<i>OFF</i>	OFF	9:00-11:00

AFTERNOON Practice Schedule

	Monday	Tuesday	<i>NEW YEARS EVE</i>	<i>NEW YEAR</i>	Friday
<i>National Elite</i> <i>Coach Stu</i>	3:00-4:30	3:00-4:30	<i>OFF</i>	<i>OFF</i>	3:00-4:30
<i>Pre-National Elite</i> <i>Coach Bekah</i>	3:00-4:30	3:00-4:30	<i>OFF</i>	<i>OFF</i>	3:00-4:30
<i>Senior</i> <i>Coach Coskey</i>	3:00-4:30	3:00-4:30	<i>OFF</i>	<i>OFF</i>	3:00-4:30
<i>High School</i> <i>Coach Coskey</i>	3:00-4:30	3:00-4:30	<i>OFF</i>	<i>OFF</i>	3:00-4:30
<i>Maroon Elite</i> <i>Coach Shana</i>	4:30-6:00	4:30-6:00	<i>OFF</i>	<i>OFF</i>	4:30-6:00
<i>White Plus</i> <i>Coach Shane</i>	5:15-7:00	5:15-7:00	<i>OFF</i>	<i>OFF</i>	5:15-7:00
<i>White</i> <i>Coach Gustavo</i>	5:30-7:00	5:30-7:00	<i>OFF</i>	<i>OFF</i>	5:30-7:00
<i>Gold</i> <i>Coach Bekah</i>	4:30-5:45	4:30-5:45	<i>OFF</i>	<i>OFF</i>	4:30-5:45
<i>Silver</i> <i>Coach Shane/Coach Gustavo</i>	4:30-5:30	4:30-5:30	<i>OFF</i>	<i>OFF</i>	4:30-5:30
<i>Bronze</i> <i>Coach Karla</i>	4:30-5:15	OFF	<i>OFF</i>	<i>OFF</i>	OFF
<i>Copper</i> <i>Coach Karla</i>	OFF	4:30-5:15	<i>OFF</i>	<i>OFF</i>	4:30-5:15

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