



Team & Pre-Team
School Year Schedule
Sept. 4 2025 – June 3 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Hours per week
Girl's Optional Group 1	2:45-6:30	2:45-6:30		2:45-6:30	2:45-6:30	8:30-12:30	19
Girl's Optional Group 2	3:30-7:15	3:30-7:15		3:30-7:15	3:30-7:15	8:30-12:30	19
Girl's Optional Group 3	4:00-8:00	4:00-8:00		5:00-9:00	3:30-7:30		16
Girls Level 5	6:30-9:00		6:30-9:00	4:00-7:00		8:30-12:30	12
Girls Level 4		4:00-6:30	6:30-9:00		4:00-7:30	12:30-3:30	11.5
Girls Level 3	6:30-8:30	6:00-8:30		6:30-8:30		9:00-12:00	9.5
Girls Training Team	4:00-6:30		4:00-6:30	4:00-6:30			7.5
Hot Shots		4:00-6:00	4:00-6:30				4.5
Super Stars	12:30-2:00		12:30-2:00				3
Xcel Platinum-Sapphire A	4:00-8:00	4:00-8:00			3:30-7:00	8:30-12:00	15
Xcel Platinum-Sapphire B		5:00-9:00		4:00-8:00	3:30-7:00	12:30-3:30	14.5
Xcel Gold A	6:00-9:00		5:15-8:15			9:00-12:30	9.5
Xcel Gold B			5:15-8:15	6:00-9:00		9:00-12:30	9.5
Xcel Silver	6:00-8:30		6:00-8:30	4:00-6:00			7
Boys 6-10		3:30-6:30	3:30-6:30	3:30-6:30	3:30-7:30	8:30-12:30	17
Boys Level 5	3:30-6:30	6:00-8:30	6:00-8:30	5:30-8:30	3:30-7:30		15
Boys Level 4	6:30-8:30	6:00-8:30	6:00-8:30			12:30-3:30	10
Boys Level 3		4:00-6:00	4:00-6:00	6:30-8:30			6
Boys Level 2	4:00-5:30			4:00-5:30			3
Boys Training Team	6:30-8:30		6:30-8:30				4