

## DSA - MIDDLETOWN

### SHORT COURSE PRACTICE SCHEDULE - **AFTER HS SEASON**: Monday March 2nd To Friday March 27th

| GROUP  | MONDAY                 | TUESDAY                | WEDNESDAY              | THURSDAY               | FRIDAY | SATURDAY               | SUNDAY |
|--|------------------------|------------------------|------------------------|------------------------|--------|------------------------|--------|
| <b>SENIOR</b><br>(DRYLAND TIMES INCLUDED)            | 6:30PM-8:15PM<br>@STAS | 6:30PM-8:15PM<br>@STAS | 6:30PM-8:15PM<br>@STAS | 6:30PM-8:15PM<br>@STAS |        | 7:30AM-9:15AM<br>@STAS |        |
| <b>JUNIOR I &amp; II</b><br>(DRYLAND TIMES INCLUDED) | 6:30PM-8:15PM<br>@STAS | 6:30PM-8:15PM<br>@STAS | 6:30PM-8:15PM<br>@STAS | 6:30PM-8:15PM<br>@STAS |        | 7:30AM-9:15AM<br>@STAS |        |
| <b>GOLD I &amp; II</b><br>(DRYLAND TIMES INCLUDED)   | 6:45PM-8:15PM<br>@STAS | 6:45PM-8:15PM<br>@STAS | 6:45PM-8:15PM<br>@STAS | 6:45PM-8:15PM<br>@STAS |        | 7:30AM-9:15AM<br>@STAS |        |
| <b>SILVER</b>  | 5:30PM-6:45PM<br>@STAS | 5:30PM-6:45PM<br>@STAS | 5:30PM-6:45PM<br>@STAS | 5:30PM-6:45PM<br>@STAS |        |                        |        |
| <b>BRONZE</b>  | 5:30PM-6:30PM<br>@STAS | 5:30PM-6:30PM<br>@STAS | 5:30PM-6:30PM<br>@STAS | 5:30PM-6:30PM<br>@STAS |        |                        |        |

Practices at St. Andrews School are subject to school holidays and events. Practice modifications will be communicated in a timely manner.

Last Updated: 2/23/2026