



Integrity Girls Team Schedule: Fall 2025

Aug 11, 2025 - May 31, 2026

Rec Team: Xcel Bronze (compete GCGC)

Rec Team: Xcel Silver (compete GCGC)

Xcel Silver (compete USAG)

Xcel Gold (compete USAG)

Xcel Platinum, Xcel Diamond (compete USAG)

	Monday	Tuesday	Wednesday	Thursday
Rec Team Bronze	4:30 -6:00		4:30-6:00	
Rec Team Silver	6:00-8:00		6:00-8:00	
Xcel Silver (USAG)		4:30-8:00		4:30-8:00
Xcel Gold (USAG)		4:30-8:00	4:30-8:00	4:30-8:00
XCEL Platinum Diamond (USAG)	4:30-8:00	4:30-8:00	4:30-8:00	4:30-8:00

(Updated 10/1/25)