



# Girls Team Fall 2025 Practice Schedule

Begins August 11th

Training Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Hours
Pre-Team		4:00-5:00p		4:00-5:00p			2
Xcel Bronze 1	4:30-6:30p		4:30-6:30p				4
Xcel Bronze 2	6:30-8:30p		6:30-8:30p				4
Xcel Silver		4:30-7:30p		4:30-7:30p		8:30-11:30a	9
Xcel Gold	4:30-8:30p		4:30-8:30p		4:30-8:30p		12
Level 4	4:30-8:30p		4:30-8:30p		4:30-8:30p		12
Xcel Platinum	4:00-8:00p	4:00-8:00p		4:00-8:00p		8:30-11:30a	15
Level 6	4:00-8:00p		4:00-8:00p	4:00-8:00p	4:00-7:00p		15
Diamond		4:00-8:00p	4:00-8:00p	4:00-8:00p		8:30-11:30a	15
Level 7	4:00-8:00p	4:00-8:00p	4:00-8:00p		4:00-7:00p		15
Sapphire	4:00-8:00p	3:30-7:30	4:00-8:00p	3:30-7:30		8:30-11:30a	19
Level 8	4:00-8:00p	4:00-8:00p	4:00-8:00p	4:00-8:00p		8:30-11:30a	19
Level 9/10	4:00-8:00p	3:30-7:30	4:00-8:00p	3:30-7:30		8:30-11:30a	19

\*updated 7/11

**\*Subject to Change**