



Girls Team Fall 2026 Practice Schedule

Begins August 10th

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

updated 7/6

Subject to Change