



2024 – 2025 Team Training Schedule

August 19, 2024 – June 6, 2025

Team	Days	Times	Coaching Assignments	
Level 1 4 hrs./wk.	Wednesday	5:00 – 7:00 PM	Caitlyn B./Katelyn C.	Lead Coaches
	Friday	4:00 – 6:00 PM	Caitlyn B./Katelyn C.	Lead Coaches
Level 2 9 hrs./wk.	Monday	4:00 – 7:00 PM	Lead Coach: Brittany B.	<u>Assist Coach</u> Katelyn C.
	Tuesday	4:00 – 7:00 PM	Lead Coach: Brittany B.	<u>Assist Coach</u> Katelyn C. & Lauren S.
	Thursday	4:00 – 7:00 PM	Lead Coach: Brittany B.	<u>Assist Coach</u> Katelyn C. & Lauren S.
Level 3 12 hrs./wk.	Tuesday	4:00 – 8:00 PM	Emily C./Pauline R.	Lead Coaches
	Thursday	4:00 – 8:00 PM	Emily C./Pauline R.	Lead Coaches
	Saturday	8:30 – 12:30 PM	Emily C./Pauline R.	Lead Coaches
Level 4 12 hrs./wk.	Tuesday	4:00 – 8:00 PM	Dave/Mel/Gabe/Pauline	Lead Coaches
	Thursday	4:00 – 8:00 PM	Dave/Mel/Gabe/Pauline	Lead Coaches
	Saturday	8:30 – 12:30 PM	Dave/Mel/Gabe/Pauline	Lead Coaches
Platinum 16 hrs./wk.	Monday	4:00 – 8:00 PM	Dave A. / Mel P. / Gabe	Lead Coaches
	Wednesday	4:00 – 8:00 PM	Dave A. / Mel P. / Gabe	Lead Coaches
	Friday	3:30 – 7:30 PM	Dave A. / Mel P. / Gabe	Lead Coaches
	Sunday	2:30 – 6:30 PM	Dave A. / Mel P. /Gabe/ Bret	Lead Coaches
Level 7 16 hrs./wk.	Monday	4:00 – 8:00 PM	Dave A. / Mel P. / Gabe	Lead Coaches
	Wednesday	4:00 – 8:00 PM	Dave A. / Mel P. / Gabe	Lead Coaches
	Friday	3:30 – 7:30 PM	Dave A. / Mel P. / Gabe	Lead Coaches
	Sunday	2:30 – 6:30 PM	Dave A. / Mel P. /Gabe/ Bret	Lead Coaches
Level 8 20 hrs./wk.	Monday	3:00 – 7:00 PM	Dave A. / Mel P. / Gabe	Lead Coaches
	Tuesday	3:00 – 7:00 PM	Dave A. / Mel P. / Gabe	Lead Coaches
	Thursday	3:00 – 7:00 PM	Dave A. / Mel P. / Gabe	Lead Coaches
	Friday	3:30 – 7:30 PM	Dave A. / Mel P. / Gabe	Lead Coaches
	Sunday	12:30 – 4:30 PM	Dave A. / Mel P. /Gabe/ Bret	Lead Coaches
Level 9 / 10 20 hrs./wk.	Monday	3:00 – 7:00 PM	Dave A. / Mel P. / Gabe	Lead Coaches
	Tuesday	3:00 – 7:00 PM	Dave A. / Mel P. / Gabe	Lead Coaches
	Wednesday	3:00 – 7:00 PM	Dave A. / Mel P. / Gabe	Lead Coaches
	Thursday	3:00 – 7:00 PM	Dave A. / Mel P. / Gabe	Lead Coaches
	Sunday	12:30 – 4:30 PM	Dave A. / Mel P. /Gabe/ Bret	Lead Coaches