

FCA 2021-2022 FALL/WINTER PRACTICE SCHEDULE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--|--|--|--|--|-----------|-------------|
| Mini | | 5-5:40pm | | 5-5:40pm | | | 12-12:40pm |
| Novice | | 5-6pm | | 5-6pm | | | 12-1pm |
| Junior I | 5-6pm | | 5-6pm | | 6:30-7:30pm | 8:30-10am | 1-2:15pm |
| Junior II | 5:30-6pm (Dryland) 6-7:15pm (swim) | morning practice option | 5:30-6pm (Dryland) 6-7:15pm (swim) | morning practice option | 7:30-8:45pm | 8-9:30am | 2:15-3:30pm |
| Senior | *6:30-7:45am (Fall Sport/Make Up) **6:15-7:15pm (Dryland) 7:15-8:45pm (Swim) | 5:45am-6:45am (Early School Start) 6:45-7:45am (Late Start HS) **6:00-7:00pm (Dryland) 7:00-8:45pm (Swim) | *6:30-7:45am (Fall Sport/Make Up) **6:15-7:15pm (Dryland) 7:15-8:45pm (Swim) | 5:45am-6:45am (Early School Start) 6:45-7:45am (Late Start HS) **6:00-7:00pm (Dryland) 7:00-8:45pm (Swim) | *6:30-7:45am (Fall Sport/Make Up) 5-6:30pm (Swim) | 6:30-9am | |
| | *AM & PM practices will be the same | | | | | | |
| | **Group will be divided up after registration. Half will do dryland on Monday & Wednesday. Other half on Tuesday & Thursday. | | | | | | |