

2025-2026 CAP PRACTICE SCHEDULE - (March)

GROUP	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RIVER RUNNERS (developmental - 10&U)	OFF	5:30 - 6:30 PM 6: 30 - 7:30 PM	5:30 - 6:30 PM	OFF	5:30 - 6:30 PM 6:30 - 7:30 PM	OFF	8:00 - 9:00 AM
CAPITOL TIDE (intermediate - 9-12)	OFF	5:00 - 6:30 PM 6: 30 - 8:00 PM	OFF	5:00 - 6:30 PM 6:30 - 8:00 PM	OFF	5:00 - 6:30 PM	7:00 - 9:00 AM
COMMONWEALTH SURGE (advanced - 13&O)	OFF	5:00 - 7:30 PM	5:00 - 7:00 PM	5:00 - 7:30 PM	5:00 - 7:00 PM	5:00 - 6:30 PM	7:00 - 9:00 AM
MASTERS (18&O)	OFF	6:00-7:00 AM	6:00 - 7:00 AM	6:00 - 7:00 AM	6:00 - 7:00 AM	6:00 - 7:00 AM	7:00 - 8:00 AM