

Pre-Team -- Fall 1 (Sept 8 thru Oct 16) (Makeup Oct 20-23)

Group	Location	Time	Days	Coach
PT Explorer A	WCCC	5:30-6:30	MW	Pilar
	WCCC	6:00-7:00	TTh	Garrett
	WCCC	5:30-6:30	TTh	Kate
	SHAC	6:00-7:00	MW	Nancy
Pre-Team B	WCCC	5:30-6:15	MW	Kate
	WCCC	4:00-4:45	TTh	Kate
	WCCC	5:00-5:45	TTh	Pilar
Pre-Team C	WCCC	6:15-7:00	TTh	Abby
	SHAC	5:15-6:00	MW	Nancy
	WCCC	4:45-5:30	TTh	Kate
	WCCC	5:45-6:30	TTh	Pilar
	WCCC	5:30-6:15	TTh	Abby
Pre-Team D	SHAC	5:15-6:00	TTh	Nancy
	WCCC	4:00-4:30	TTh	Pilar
	WCCC	4:30-5:00	TTh	Pilar
HS Beginner Group	SHAC	7:00-7:30	MW	Nancy
HS Prep Group	WCCC	5:15-6:30	TTh	Colby

Pre-Team -- Fall 2 (Oct 27-Dec 11)(Makeup Dec 15-18)

Group	Location	Time	Days	Coach
PT Explorer A	WCCC	6:00-7:00	MW	Pilar
	WCCC	4:00-5:00	TTh	Pilar
	WCCC	6:00-7:00	TTh	Garrett
	SHAC	6:00-7:00	MW	Nancy
Pre-Team B	WCCC	5:30-6:15	MW	Kate
	WCCC	4:00-4:45	TTh	Abby
	WCCC	5:30-6:15	TTh	Pilar
	SHAC	5:15-6:00	MW	Nancy
Pre-Team C	WCCC	6:15-7:00	MW	Kate
	WCCC	4:45-5:30	TTh	Abby
	WCCC	6:15-7:00	TTh	Pilar
	SHAC	5:15-6:00	TTh	Nancy

Explorer Groups				
Group	Location	Time	Days	Coach
Explr A (Pre-Adventure)	WCCC	3:50-5:30	Tues, Thurs	Garrett
		5:15-7:00	Fri	Garrett
Explorer B	WCCC	5:15-7:00	Mon, Wed	Tammy
Explorer C	WCCC	3:50-5:30	Mon, Wed	Kate
Explorer	SHAC	5:45-7:30	Mon, Wed	Garrett

Adventure -- High Performance Groups (Interview Required)

Group	Location	Time	Days	Coach
Adventure 1	WCCC	3:50-6:15*	MWF	Dani
	SHAC	5:15-7:30	TTh	Dani
Adventure 2	SHAC	5:15-7:30	MTWTh	Mike
	WCCC	5:15-7:00	F	Mike
	WCCC	6:00-8:00	S	Mike

**starting Oct 20, Mon DL until 6:45 & no Wed DL*

Senior & High School Prep Groups

Group	Location	Time	Days	Coach
Senior Development	WCCC	6:15-7:45**	MTWTh**	Colby
<i>**on Oct 20, this group will change to a regular schedule of Tues, Thurs from 5:15-7:00 & Fri 3:50-5:30</i>				
High School Prep	WCCC	6:15-7:45*	MTWTh*	Colby
<i>*starting Oct 20, this group will not have practice until after HS season is over</i>				
High School Beginner	WCCC	5:15-6:30*	TTh*	Colby
<i>*starting Oct 20, this group will not have practice until after HS season is over</i>				

National Development -- High Performance Group (Interview Required)

Group	Location	Time	Days	Coach
National Development	WCCC	5:00-7:00 AM	MWF	Mike
	WCCC	6:00-8:00 AM	S	Mike
	SHAC	4:15-6:45	MTWTh	Mike

Pre-Team, Fall 2 Continued:

Pre-Team D	WCCC	5:30-6:00	TTh	Garrett
	WCCC	5:00-6:00	TTh	Pilar
	SHAC	5:15-6:00	TTh	Nancy