

# 2019 LC PRACTICE SCHEDULE

## Woodstock Water Time

<b>Intro 2</b>	<b>M&amp;W -1 T&amp;F - 2</b>	<b>5:30 – 6:15 PM 5:15 – 6:00 PM</b>
<b>Tech and Fit League</b>	<b>M&amp;W – 1 T&amp;F - 2=older</b>	<b>6:15 – 7:15 PM 6:00 – 7:00 PM</b>
<b>Silver</b>	<b>M, W, F</b>	<b>5:30 – 6:15 PM</b>
<b>Silver Adv.</b>	<b>M,W,F T</b>	<b>5:30 – 6:15 PM 5:30-6:30 PM</b>
<b>Gold &amp; Gold Adv.</b>	<b>M,T,W,F M,T,W F</b>	<b>5:30 – 6:45 PM 5:30 – 6:45 PM 5:30 – 7:15 PM</b>
<b>Gold Adv.</b>	<b>S</b>	<b>8:30 – 9:45 AM</b>
<b>Sectionals</b>	<b>M,T,W,F S</b>	<b>6:40 – 8:10 PM 10:00 – 12:00 AM</b>
<b>Sectional Advanced</b>	<b>M &amp; F T &amp; W S</b>	<b>6:45– 8:15 PM 6:15 – 8:30 PM 10:00 – 12:30 AM</b>
<b>High School</b>	<b>M,T,W,F</b>	<b>7:15 – 8:15 PM</b>
<b>Senior/ Nat</b>	<b>M, W, F M - F S</b>	<b>6:00 – 8:00 AM 1:00 – 3:00 PM 7:30 – 9:30 AM</b>
<b>Nat. Only</b>	<b>F M,T,W</b>	<b>6:00 – 8:00 AM 3:15 – 4:30 PM</b>
<b>Home School</b>	<b>M, T, W Thursda y</b>	<b>3:30 - 4:45 PM 3:00 – 4:15 PM</b>

## Dry Land Schedule for the Summer

<b>Silver and Silver Adv.:</b>	<b>M &amp; W &amp; F - 5:00 – 5:30 Coach L</b>
<b>Gold and Gold Adv.</b>	<b>M &amp; T &amp; F – 5:00 – 5:30 Coach M</b>
<b>Sectional and Sect. Adv.:</b>	<b>M &amp; T &amp; F - - 6:15 – 6:45 Coach L</b>
<b>Senior and National:</b>	<b>M, T, TH, F - 3:10-3:40 - Coach Mark</b>