

Sunday, Dec 1		Monday, Dec 2		Tuesday, Dec 3		Wednesday, Dec 4		Thursday, Dec 5		Friday, Dec 6		Saturday, Dec 7			
Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice		
		4:30-6:30	15 National 14 National	4:30-7:00	16 National 15 National	4:30-7:00	14 National 5:00-7:00 14 Select 13 Select	4:30-7:00	16 National 15 National	4:30-7:00	14 National 5:00-7:00 14 Select 13 Select	9:00-11:00	12, 13, 14 Select/Reg		
		6:00-8:00	18 National 18 Travel	6:00-7:00	Strength 2nd Practice	6:00-7:00	Strength 2nd Practice	6:00-7:00	Strength 2nd Practice	6:00-7:00	Strength 2nd Practice	11:00-1:00	15, 16 Select		
		7:30-9:30	17 National 16 National	7:00-8:00	Strength 1st Practice	7:00-8:00	Strength 1st Practice	7:00-8:00	Strength 1st Practice	7:00-8:00	Strength 1st Practice	1:00-3:30	17/18 Nat'l & Travel		
				7:00-9:30	18 National	7:00-9:30	16 Select 15 Select 18 Travel 17 National	7:00-9:30	18 National	7:00-9:30	16 Select 15 Select 18 Travel 17 National	3:30-6:00	15/16 Nat'l & Travel		
												6:00-8:30	13/14 Nat'l & Travel		
												Scrimmages @ FSC-Marengo Open To Parents			
Sunday, Dec 8		Monday, Dec 9		Tuesday, Dec 10		Wednesday, Dec 11		Thursday, Dec 12		Friday, Dec 13		Saturday, Dec 14			
Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice		
No Scrimmage/Practice		4:30-6:30	15 National 14 National	4:30-7:00	16 National 15 National	4:30-7:00	14 National 5:00-7:00 14 Select 13 Select	4:30-7:00	16 National 15 National	4:30-7:00	14 National 5:00-7:00 14 Select 13 Select	No Scrimmage/Practice ACT Testing Day			
		6:00-8:00	18 National 18 Travel	6:00-7:00	Strength 2nd Practice	6:00-7:00	Strength 2nd Practice	6:00-7:00	Strength 2nd Practice	6:00-7:00	Strength 2nd Practice				
		7:30-9:30	17 National 16 National	7:00-8:00	Strength 1st Practice	7:00-8:00	Strength 1st Practice	7:00-8:00	Strength 1st Practice	7:00-8:00	Strength 1st Practice				
				7:00-9:30	18 National	7:00-9:30	16 Select 15 Select 18 Travel 17 National	7:00-9:30	18 National	7:00-9:30	16 Select 15 Select 18 Travel 17 National				
								Team Selection Day		Team Selection Day					
Sunday, Dec 15		Monday, Dec 16		Tuesday, Dec 17		Wednesday, Dec 18		Thursday, Dec 19		Friday, Dec 20		Saturday, Dec 21			
Time	Teams	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice		
11:00-1:00	18 National	4:30-6:30	14 Black 14 White	4:30-7:00	18 Black 18 White	4:30-7:00	16 White 16 Blue	4:30-7:00	18 Blue 18 Orange	4:30-7:00	16 White 16 Blue	Christmas Break >>			
1:00-3:00	17 National	14 Blue 15 Black 15 White	18 Blue 18 Orange	15 White 14 White	18 Volt 17 White	15 White 14 White	18 Volt 17 White	15 White 14 White	15 White 14 White						
3:00-5:00	14 National	6:00-8:00	18 Black 18 White	18 Volt	14 Blue	14 Blue	17 Blue	14 Blue	14 Blue						
5:00-7:00	15 National	18 Blue 18 Orange	6:00-7:00	Strength 2nd Practice	6:00-7:00	Strength 2nd Practice	6:00-7:00	Strength 2nd Practice	6:00-7:00	Strength 2nd Practice					
7:00-9:00	16 National	17 Black 17 White	7:00-8:00	Strength 1st Practice	7:00-8:00	Strength 1st Practice	7:00-8:00	Strength 1st Practice	7:00-8:00	Strength 1st Practice					
	All Mandatory Practices Optional Team Selection Day (in case we need more time)	7:30-9:30	18 Volt 17 Blue 16 Black 16 White 16 Blue	7:00-9:30	17 Black 17 White 17 Blue 16 Black 15 Black 14 Black	7:00-9:00	16 Royal 15 Royal 14 Royal 14 Gold 13 Royal	7:00-9:30	18 Black 18 White 17 Black 16 Black 15 Black 14 Black	7:00-9:30	16 Royal 15 Royal 14 Royal 14 Gold 13 Royal				
Sunday, Dec 22		Monday, Dec 23		Tuesday, Dec 24		Wednesday, Dec 25		Thursday, Dec 26		Friday, Dec 27		Saturday, Dec 28			
Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice		
Christmas Break >>		Christmas Break >>		Christmas Break >> Christmas Eve		Christmas Break Merry Christmas!		4:30-7:00	18 Blue 18 Orange 18 Volt 17 White 17 Blue	4:30-7:00	16 White 16 Blue 15 White 14 White 14 Blue	4:30-7:00	16 White 16 Blue 15 White 14 White 14 Blue	No Scrimmage/Practice	
								6:00-7:00	Strength 2nd Practice	6:00-7:00	Strength 2nd Practice	6:00-7:00	Strength 2nd Practice		
								7:00-8:00	Strength 1st Practice	7:00-8:00	Strength 1st Practice	7:00-8:00	Strength 1st Practice		
								7:00-9:30	18 Black 18 White 17 Black 16 Black 15 Black 14 Black	7:00-9:30	16 Royal 15 Royal 14 Royal 14 Gold 13 Royal	7:00-9:30	16 Royal 15 Royal 14 Royal 14 Gold 13 Royal		
Sunday, Dec 29		Monday, Dec 30		Tuesday, Dec 31		Wednesday, Jan 1		Thursday, Jan 2		Friday, Jan 3		Saturday, Jan 4			
Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice	Time	Team Practice		
12:00-2:30	14 Black 14 White 15 Black 15 White 18 Black 18 White	New Year's Break >>		New Year's Break >> New Year's Eve		New Year's Break >> Happy New Year!		4:30-7:00	18 Blue 18 Orange 18 Volt 17 White 17 Blue	4:30-7:00	16 White 16 Blue 15 White 14 White 14 Blue	4:30-7:00	16 White 16 Blue 15 White 14 White 14 Blue	No Scrimmage/Practice	
2:30-5:00	18 Blue 18 Orange 17 Black 17 White							6:00-7:00	Strength 2nd Practice	6:00-7:00	Strength 2nd Practice	6:00-7:00	Strength 2nd Practice		
5:00-7:30	18 Volt 17 Blue 16 Black 16 White 16 Blue							7:00-8:00	Strength 1st Practice	7:00-8:00	Strength 1st Practice	7:00-8:00	Strength 1st Practice		
								7:00-9:30	18 Black 18 White 17 Black 16 Black 15 Black 14 Black	7:00-9:30	16 Royal 15 Royal 14 Royal 14 Gold 13 Royal	7:00-9:30	16 Royal 15 Royal 14 Royal 14 Gold 13 Royal		

Practice Notes:

Practice Schedule is TENTATIVE. Team Selection might require adjustments to the schedule. We will inform all teams/players affected if that is the case.