



TEAM SCHEDULES

WOMEN'S DEVELOPMENTAL PROGRAM

Training Team/Pre-Team (Shooting Stars)

- ★ Training Team - 4 hours
 - Wednesday 5:00-7:00
 - Friday 4:30-6:30

Compulsory

- ★ L3/L4/L5 - 11 hours
 - Tu/Th 4:25-8:15
 - Friday 4:15-7:15

Optionals

- ★ Level 6/7 - 15 hours
 - M/T/Th 4:15-8:15
 - Friday 4:15-7:15
- ★ Level 8+ - 17 hours
 - M/T/Th 4:15-8:15
 - Friday 4:15-7:15
 - Saturday 9:00-11:00

XCEL

Bronze - 4 hours

- ★ M/Th 4:30-6:30 OR M/TH 6:15-8:15

Silver - 8 hours

- ★ TU/F 4:15-8:15 OR W/F 4:15-8:15

Gold - 12 hours

- ★ M/W/F 4:15-8:15

Platinum/Diamond/Sapphire - 12 hours

- ★ M/W/F 4:15-8:15

MENS DEVELOPMENTAL PROGRAM

- ★ L3/L4 - T/F 4:30-8:30 - 8 hours
- ★ L5-7 - M/W/Th 4:30-8:30 - 12 hours
- ★ L8 + - 14 hours
 - M/W/Th 4:30-8:30
 - F 4:30-6:30