



2021 Integrity Girls Team Fall Practice Schedule

Begins Monday, August 16th, 2021

Training Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	hours
Flex Practice (levels 4-10, Xcel 2-4)	2:00pm	2:00pm	2:00pm	2:00pm	2:00pm			X
Little Stars (1 or 2 day option)	5-6:30				5-6:30			1.5/3
Rising Stars				4:45 - 6:45			2:30-5	4.5
Super Stars			4:45-7:15				11-2	5.5
Mega Stars		4:30-7:30		4:30-7			2-5	8.5
Group H (3)			4:45-7:45		5-8p	12:00-4		10
Group G (3/4)	5-8p Level 4 only	5-8p Level 4 only	4:30-8 Level 3 only		4:45-8:15	12:00-4		11/13.5
Group F (4/5)	5-8p	5-8p			4:30-8pm	12-4		13.5
Group E (5)	4:30-8	4:45-8:15	5-8:30			8:30-12:00		14
Group D (6)	4-8p			4:30-8:30	4:30-7:30	8:30-12:00		14.5
Group C (6/7)	4:30-8p	4-7	5-8:30		4:30-7:30	8:30-12:00		16.5
Group B (7/8)	4-7:30	4-7:30	5-8:30	5-8:30		8:30-12:00		17.5
Group A (9 +)	3:30-7:30	3:30-7:30	3:30-7:30	3:30-6:30		8:30-12:00		18.5
Recreation Team	6-8p			4:30-6:30				4
Xcel 1		5:30-8:30					11-2	6
Xcel 2		5:30-8:30			4:45-7:45		11-2	9
Xcel 3			4:30-8:30	5-8p		8:30-12:00		10.5
Xcel 4	4:30-8		4-7	4-7		8:30-12:00		13

*Practice Days and Times Subject to Change

as of September 10, 2021