



2022 Girls Team Summer Schedule

May 30th- August 12th

*as of 5/12/22

Training Group	Monday	Tuesday	Wednesday	Thursday	Friday	hours
Tiny Stars (1 or 2 day option)			4-5	3:30-5		2.5
Little Stars (1 or 2 day option)		2:30-4			11-12:30	3
Rising Stars		5:45-7:45		5-7		4
Super Stars	4:30-7:30		5-7:30			5.5
Mega Stars		5-7:30	12-3	4:45-7:45		8.5
Group H (3)	12-4	4-4:30 (Routine) 4:30-8			8:30-12:30	12
Group G (3/4) 3-A, 4-B	4-8 (GA)	8:30-12:30(GB)	12:30-4 (GB) 4:30-8 (GA)	1-4 (GA) 5-8 (GB)	8:30-12 All	14
Group F (4/5)	8:30-12:30	12:30-4:30	8:30-12		12:30-4	15
Group E (5)	8:30-12:30	12:30-4:30	8:30-12		12:30-4	15
Group D (6)	1-5	8:30-12:30	12-4	9-1		16
Group C (6/7)	1-5	8:30-12:30	4-8	9-1	12-3:30 (optional)	16
Group B (7/8)	8:30-12:30	1-5	4-8	9-1	12-3:30	19.5
Group A (9+)	8:30-12:30	1-5	4-8	9-1	12-3:30	19.5
Recreation Team	6-8			5:30-7:30		4
Xcel 1	12:45-3:45		4:15-7:45			6.5
Xcel 2	5-8	4:30-7:30		5-8		9
Xcel 3	9-12:30			12:45-4:15	12:45-3:45	11
Xcel 4		12-4	8:30-12	4-8	12:45-3:45	14

Important Summer Dates

May 30th	Summer Schedule Begins	July 25th (week of)	Verification #3
May 30th(week of)	Verification #1	August 12th	Summer Schedule Ends
June 27th (week of)	Verification #2	August 15th	Fall Schedule Begins
July 1st-4th	No Practice- Holiday	August 29th (week of)	Verification # 4
July 7th-9th	Girls Team Camp	August 31st	Final 22/23 Competition Level Determination