



2022 Integrity Girls Team Fall Practice Schedule

Begins August 15th, 2022

Training Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours
Tiny Stars							2:15-3:15	1
Little Stars	4:30-6						3:30-5	1.5/3
Rising Stars				5p-7			11:30-1:30	4
Super Stars					5:15-7:45		1:15-3:45	5
Mega Stars		4:30-6:30		5p-8			11a-2	8
Group H (3)			5-8:30		4:45-7:45	12:15-3:45		10
Group G (3/4)	4:30-8 GB only	4:30-8:30 GB only	4:30-8:30 GA only	5-8 GB	4:45-7:45 GA only	9:00-1:00 GA 12:15-3:45 GB		11 / 13.5
Group F/E (5)	4:30-8:30	4:30-8:30			4:30-8	12:15-3:45		15
Group D (6)	4-8p	4-8p	4-8p		4:30-8			15.5
Group C (6/7)	4-8p		4-8p	4-8p		8:30-12:00		15.5
Group B (7/8)	3:45-7:45	3:30-7:30	3:30-7:00	4-7:30		8:30-12:00		19
Group A (9+)	3-7p	3-7p	3-7p	3-6:30p		8:30-12:00		19
Recreation Team	6-8p			6:30-8:30				4
Xcel 1		6:00-8:30					11a-2p	5.5
Xcel 2	6-8:30			5p-8			2:15-5:15	8.5
Xcel 3		5-8:30	5-8:30		4:30-8			10.5
Xcel 4	5:30-8:30	5-8:30	5-8:30	4:30-8:00				13.5

Practice days and times subject to change

updated 10/3/2022