



TnT Team Spring 2023 Practice Schedule

Training Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Hours
Hot Tots		4:30-5:30		4:30-5:30			2
Mini's		4:30-6:30				12p-2	4
Group 1		5:30-8:30		4:30-7:30 (Optional Practice)	4-7:30		6.5 / 9.5
Group 2		5:30-8:30		4:30-7:30	4-7:30		9.5
Group 3		5:30-8:30		4:30-7:30	4-7:30 *Flex 1-4:30		9.5
Group 4	4-8 *Flex 1-4:30		4-8 *Flex 1-4:30		4-7:30 *Flex 1-4:30		11.5
Group 5	4-8 *Flex 1-4:30		4-8 *Flex 1-4:30		4-7:30 *Flex 1-4:30 (Optional Practice)	8a-12pm	12 / 15.5
Club Team						2-4:30	2.5

* Updated 1/4/23