



2023 Girls Team Summer Schedule

June 5th- August 13th

Training Group	Monday	Tuesday	Wednesday	Thursday	Friday	Hours
Little Stars		2-4		2-4		4
Rising Stars		4:30 - 7:00		4:30 - 7:00		5
Super Stars	5-8		5-8		2:30-4:30	8
Silver B	4:30-8:30	4:30-8:30		4:30-7:30		11
Silver A	8:30-12:30		12:30-4:30		8:30-12:30	12
Xcel Gold		12:30-4:30	12:30-3:30		8:30-12:30	11
Xcel Platinum	12:30-4:30		8:30 -11:30	12:30-4:30	12:30-3:30	14
Group E	12:30-4:30	8:30-12:30		8:30-12:30	12:30-4:30	16
Group D	12:30-4:30	8:30-12:30		8:30-12:30	12:30-4:30	16
Group C/ Diamond	8:30-12:30	12:30-4:30	8:30-12:30	12:30-4:30		16
Group B	8:30-12:30	12:30-4:30	8:30-12:30	12:30-4:30	8:30-12:30	20
Group A	8:30-12:30	12:30-4:30	8:30-12:30	12:30-4:30	8:30-12:30	20

*Tentative Schedule- days and times may change.

as of 5/10/23