2025-26 Holiday Training Schedule

	High Performance	Select	SWAT	Pre-Select	Gold	Silver	Bronze	Blue	Red
Sat. Dec. 20	7:00-9:00 AM 1:00-3:00 PM	7:00-9:00 AM	9:00am-10:00am	8:30-10:00am	9:00-10:30 AM	10:00-11:00 AM	10:00-11:00 AM	10:30-11:15am	10:30-11:15am
Sun. Dec. 21	7:00-10:00 AM	7:00-9:00 AM	No Practice	9:00-10:45am	No Practice	No Practice	No Practice	No Practice	No Practice
Mon. Dec. 22	7:00-9:00 AM 1:00-3:00 PM	7:00-9:00 AM 1:00-3:00 PM	9:00-10:15 AM	9:00-10:45 AM	9:00-10:15 AM	10:15-11:15am	10:15-11:15am	10:45-11:30am	10:45-11:30am
Tues. Dec. 23	7:00-9:00 AM 1:00-3:00 PM	7:00-9:00 AM	9:00-10:15 AM	9:00-10:45 AM	9:00-10:15 AM	10:15-11:15am	10:15-11:15am	10:45-11:30am	10:45-11:30am
Wed. Dec. 24	7:00-9:00 AM	7:00-9:00 AM	9:00-10:30 AM	9:00-10:30AM	9:00-10:30 AM	No Practice	No Practice	No Practice	No Practice
Thur. Dec. 25	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
Fri. Dec. 26	1:00- 3:00 PM	1:00- 3:00 PM	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
Sat. Dec. 27	7:00-9:00 AM 1:00-3:00 PM	7:00-9:00 AM 1:00-3:00 PM	9:00-10:00 AM	8:30-10:00am	9:00-10:30 AM	10:00-11:00 AM	10:00-11:00 AM	10:30-11:15am	10:30-11:15am
Sun. Dec. 28	7:00-9:00 AM	7:00-9:00 AM	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
Mon. Dec. 29	7:00-9:00 AM 1:00-3:00 PM	7:00-9:00 AM	9:00-10:15 AM	9:00-10:45 AM	9:00-10:15 AM	10:15-11:15am	10:15-11:15am	10:45-11:30am	10:45-11:15am
Tues. Dec. 30	7:00-9:00 AM 1:00-3:00 PM	7:00-9:00 AM 1:00-3:00 PM	9:00-10:15 AM	9:00-10:45 AM	9:00-10:15 AM	10:15-11:15am	10:15-11:15am	10:45-11:30am	11:00-11:45 AM
Wed. Dec. 31	7:00-9:00 AM	7:00-9:00 AM	9:00-10:30 AM	9:00-10:45 AM	9:00-10:30 AM	No Practice	No Practice	No Practice	No Practice
Thur. Jan. 1	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
Fri. Jan. 2	7:00-9:00 AM 1:00-3:00 PM	7:00-9:00 AM	9:00-10:30 AM	9:00-10:45 AM	9:00-10:30 AM	10:30-11:30am	10:30-11:30am	11:00- 11:45 AM	11:00- 11:45 AM
Sat. Jan. 3	7:00-9:00 AM 1:00-3:00 PM	7:00-9:00 AM 1:00-3:00 PM	9:00-10:00AM	8:30am-10:00 AM	9:00-10:30 AM	10:00-11:10am	10:00-11:00 AM	10:30-11:15am	10:00-11:15am
Sun. Jan. 4	7:00-9:00 AM	7:00-9:00 AM	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
Mon. Jan. 5 Last Day	7:00-9:00 AM 1:00-3:00 PM	7:00-9:00 AM 1:00-3:00 PM	9:00-10:30 AM	9:00-10:45 AM	9:00-10:30 AM	No Practice	10:30-11:30 AM	10:30-11:15am	No Practice
Tues. Jan. 6	REGULAR SCHEDULE	REGULAR SCHEDULE	REGULAR SCHEDULE	REGULAR SCHEDULE	REGULAR SCHEDULE	REGULAR SCHEDULE	REGULAR SCHEDULE	REGULAR SCHEDULE	REGULAR SCHEDULE

Table 1

2018 Holiday Training Schedule							
	Friday Dec. 29	**Saturday Dec. 30**	**Sunday Dec. 31**	**Monday Jan. 1**	**Tuesday Jan. 2**	**Wednesday Jan. 3**	**Thursday Jan. 4**
High Performance							
Select							
Senior							
Advanced Age Group							
Gold							
Silver							
Bronze							
Blue							
Red							