

SMAC Summer Practice Schedule – begins June 8th

Practice Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Age Group I	8 – 9:15am		8 – 9:15am		8 – 9:15am	8 – 9:15am
Age Group II	8 – 9:15am	8 – 9:15am	8 – 9:15am	8 – 9:15am	8 – 9:15am	7:45 – 9:15am
Gold	7:45 – 9:15am	7:45 – 9:15am	7:45 – 9:15am	7:45 – 9:15am	7:45 – 9:15am	7:30 – 9:15am
Senior	6 – 7:30am	7 – 8:30am	6 – 7:30am	7 – 8:30am		7 – 8:30am
National Prep	6 – 8am	7 – 9:15am 9:15 – 10:15am dryland **4 – 6pm	6 – 8am	7 – 9:15am 9:15 – 10:15am dryland **4 – 6pm	6 – 8am	6:45am – 9:15am 9:15 – 10:15 dryland
National Team	6 – 8am **4 – 6:30pm (including dry-land)	7 – 9:15am **4 – 6pm	6 – 8am 9 – 10am dryland	7 – 9:15am **4 – 6pm	6 – 8am **4 – 6:30pm (including dry-land)	6:45am – 9:15am

** At the Waynesboro YMCA