	Day	Date	Time	Gym
Both Teams	Monday	20-Oct	5:00 - 6:30	ACK 1
Both Teams	Tuesday	21-Oct	5:00 - 6:30	Civic Center
Both Teams	Monday	27-Oct	5:00 - 6:30	ACK 1
Both (3 Level Training)	Tuesday	28-Oct	5:00 - 6:00	Civic Center
Both Teams	Monday	3-Nov	5:00 - 6:30	ACK 1
Both Teams	Tuesday	4-Nov	5:00 - 6:30	ACK 1
Both Teams	Monday	10-Nov	5:00 - 6:30	ACK 1
Both (3 Level Training)	Tuesday	11-Nov	5:00 - 6:00	Civic Center
Both Teams	Monday	17-Nov	5:00 - 6:30	ACK 1
Both Teams	Tuesday	18-Nov	5:00 - 6:30	ACK 1
Both Teams	Monday	24-Nov	5:00 - 6:30	ACK 1
Both Teams	Monday	1-Dec	5:00 - 6:30	ACK 1
Both (3 Level Training)	Tuesday	2-Dec	5:00 - 6:00	Civic Center
Both Teams	Monday	8-Dec	5:00 - 6:30	ACK 1
Both Teams	Tuesday	9-Dec	5:00 - 6:30	ACK 1
Both Teams	Monday	15-Dec	5:00 - 6:30	ACK 1
Both (3 Level Training)	Tuesday	16-Dec	5:00 - 6:00	Civic Center

	Day	Date	Time	Gym
Both Teams	Wednesday	22-Oct	6:30 - 8:00	FH - North
Both Teams	Thursday	23-Oct	5:00 - 6:30	Civic Center
Both (3 Level Training)	Tuesday	28-Oct	6:00 - 7:00	Civic Center
Both Teams	Wednesday	29-Oct	6:30 - 8:00	FH - North
Both Teams	Thursday	30-Oct	5:00 - 6:30	Civic Center
Green	Wednesday	5-Nov	6:30 - 8:00	FH - North
White	Wednesday	5-Nov	6:30 - 8:00	FH - Mid
Both Teams	Thursday	6-Nov	5:00 - 6:30	Civic Center
Both (3 Level Training)	Tuesday	11-Nov	6:00 - 7:00	Civic Center
Both Teams	Wednesday	12-Nov	5:00 - 6:30	ACK 1
Both Teams	Thursday	13-Nov	5:00 - 6:30	Civic Center
Green	Tuesday	18-Nov	6:30 - 8:00	FH - North
White	Tuesday	18-Nov	6:30 - 8:00	FH - Mid
Both Teams	Wednesday	19-Nov	5:00 - 6:30	ACK 1
Both Teams	Thursday	20-Nov	5:00 - 6:30	Civic Center
Both Teams	Wednesday	26-Nov	5:00 - 6:30	ACK 1
Both (3 Level Training)	Tuesday	2-Dec	6:00 - 7:00	Civic Center
Green	Thursday	4-Dec	5:00 - 6:30	ACK 1
White	Thursday	4-Dec	5:00 - 6:30	Civic Center
Both Teams	Tuesday	9-Dec	6:30 - 8:00	FH - Mid
Both Teams	Thursday	11-Dec	5:00 - 6:30	Civic Center
Both (3 Level Training)	Tuesday	16-Dec	6:00 - 7:00	Civic Center
Both Teams	Wednesday	17-Dec	5:00 - 6:30	ACK 1
Both Teams	Thursday	18-Dec	5:00 - 6:30	Civic Center

	Day	Date	Time	Gym
Both Teams	Monday	20-Oct	6:30 - 8:00	Civic Center
Both Teams	Tuesday	21-Oct	5:00 - 6:30	ACK 2
Both Teams	Thursday	23-Oct	6:30 - 8:00	Civic Center
Both (3 Level Training)	Tuesday	28-Oct	7:00 - 8:00	Civic Center
Green	Thursday	30-Oct	6:30 - 8:00	ACK 1
White	Thursday	30-Oct	6:30 - 8:00	ACK 2
Both Teams	Monday	3-Nov	6:30 - 8:00	FH - North
Both Teams	Tuesday	4-Nov	6:30 - 8:00	ACK 1
Both Teams	Thursday	6-Nov	6:30 - 8:00	Civic Center
Both (3 Level Training)	Tuesday	11-Nov	7:00 - 8:00	Civic Center
Both Teams	Thursday	13-Nov	6:30 - 8:00	Civic Center
Green	Tuesday	18-Nov	6:30 - 8:00	Biester
White	Tuesday	18-Nov	6:30 - 8:00	ACK 1
Both Teams	Thursday	20-Nov	6:30 - 8:00	Civic Center
Both Teams	Tuesday	25-Nov	5:00 - 6:30	Civic Center
Both Teams	Monday	1-Dec	7:30 - 9:00	FH - North
Both (3 Level Training)	Tuesday	2-Dec	7:00 - 8:00	Civic Center
Both	Thursday	4-Dec	6:30 - 8:00	Civic Center
Green	Tuesday	9-Dec	6:30 - 8:00	FH - North
White	Tuesday	9-Dec	6:30 - 8:00	ACK 1
Both Teams	Thursday	11-Dec	6:30 - 8:00	Civic Center
Both (3 Level Training)	Tuesday	16-Dec	7:00 - 8:00	Civic Center
Green	Thursday	18-Dec	6:30 - 8:00	ACK 1
White	Thursday	18-Dec	6:30 - 8:00	Civic Center

	Day	Date	Time	Gym
Both Teams	Monday	20-Oct	5:00 - 6:30	Civic Center
Both Teams	Tuesday	21-Oct	5:00 - 6:30	ACK 1
Both Teams	Thursday	23-Oct	6:30 - 8:00	FH - South
Both (3 Level Training)	Monday	27-Oct	5:00 - 6:00	Civic Center
Both Teams	Tuesday	28-Oct	5:00 - 6:30	ACK 2
Green	Thursday	30-Oct	6:30 - 8:00	FH - North
White	Thursday	30-Oct	6:30 - 8:00	FH - Mid
Both Teams	Tuesday	4-Nov	6:30 - 8:00	ACK 2
Both Teams	Thursday	6-Nov	6:30 - 8:00	ACK 2
Both (3 Level Training)	Monday	10-Nov	5:00 - 6:00	Civic Center
Both Teams	Tuesday	11-Nov	6:30 - 8:00	ACK 2
Both Teams	Thursday	13-Nov	6:30 - 8:00	ACK 2
White	Tuesday	18-Nov	6:30 - 8:00	FH - South
Green	Tuesday	18-Nov	6:30 - 8:00	ACK 2
Both Teams	Thursday	20-Nov	5:00 - 6:30	ACK 2
Both Teams	Tuesday	25-Nov	5:00 - 6:30	ACK 2
Both (3 Level Training)	Monday	1-Dec	5:00 - 6:00	Civic Center
Both Teams	Tuesday	2-Dec	6:30 - 8:00	ACK 2
Both Teams	Thursday	4-Dec	6:30 - 8:00	ACK 2
Green	Tuesday	9-Dec	6:30 - 8:00	Biester
White	Tuesday	9-Dec	6:30 - 8:00	ACK 2
Both Teams	Thursday	11-Dec	5:00 - 6:30	ACK 2
Both (3 Level Training)	Monday	15-Dec	5:00 - 6:00	Civic Center
Both Teams	Tuesday	16-Dec	6:30 - 8:00	ACK 2
Green	Thursday	18-Dec	6:30 - 8:00	FH - Mid
White	Thursday	18-Dec	6:30 - 8:00	FH - South

7th Grade Girls Preliminary Practice Schedule (October - December 2025)

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	Day	Date	Time	Gym
Both Teams	Monday	20-Oct	6:30 - 8:00	Biester
Both Teams	Tuesday	21-Oct	7:30 - 9:00	FH - North
Both Teams	Thursday	23-Oct	8:00 - 9:30	FH - North
Both (3 Level Training)	Monday	27-Oct	6:00 - 7:00	Civic Center
Green	Wednesday	29-Oct	8:00 - 9:30	FH - North
White	Thursday	30-Oct	8:00 - 9:30	FH - North
Both Teams	Monday	3-Nov	8:00 - 9:30	FH - North
Green	Wednesday	5-Nov	8:00 - 9:30	FH - North
White	Thursday	6-Nov	7:30 - 9:00	FH - North
Both (3 Level Training)	Monday	10-Nov	6:00 - 7:00	Civic Center
Both Teams	Tuesday	11-Nov	8:00 - 9:30	FH - North
Green	Thursday	13-Nov	8:00 - 9:30	FH - North
White	Thursday	13-Nov	8:00 - 9:30	FH - Mid
Green	Monday	17-Nov	8:00 - 9:30	FH - North
White	Tuesday	18-Nov	8:00 - 9:30	FH - North
Both Teams	Thursday	20-Nov	6:30 - 8:00	ACK 1
Both Teams	Tuesday	25-Nov	6:30 - 8:00	ACK 1
Both (3 Level Training)	Monday	1-Dec	6:00 - 7:00	Civic Center
Both Teams	Tuesday	2-Dec	8:00 - 9:30	Biester
Green	Thursday	4-Dec	7:30 - 9:00	FH - North
White	Thursday	4-Dec	7:30 - 9:00	FH - Mid
Both Teams	Monday	8-Dec	7:30 - 9:00	Biester
Green	Tuesday	9-Dec	8:00 - 9:30	FH - North
White	Tuesday	9-Dec	8:00 - 9:30	FH - Mid
Both Teams	Thursday	11-Dec	6:30 - 8:00	ACK 1
Both (3 Level Training)	Monday	15-Dec	6:00 - 7:00	Civic Center
Both Teams	Tuesday	16-Dec	7:30 - 9:00	FH - North
Both Teams	Thursday	18-Dec	8:00 - 9:30	Biester

Notes	Day	Date	Time	Gym
	Monday	20-Oct	8:00 - 9:30	Biester
	Tuesday	21-Oct	7:30 - 9:00	FH - Mid
	Thursday	23-Oct	8:00 - 9:30	FH - South
Both (3 Level Training)	Monday	27-Oct	7:00 - 8:00	Civic Center
	Wednesday	29-Oct	8:00 - 9:30	Biester
	Monday	3-Nov	8:00 - 9:30	FH - South
	Tuesday	4-Nov	7:30 - 9:00	FH - North
	Thursday	6-Nov	7:30 - 9:00	FH - Mid
Both (3 Level Training)	Monday	10-Nov	7:00 - 8:00	Civic Center
	Tuesday	11-Nov	8:00 - 9:30	FH - Mid
	Thursday	13-Nov	8:00 - 9:30	Biester
	Monday	17-Nov	8:00 - 9:30	Biester
	Tuesday	18-Nov	8:00 - 9:30	FH - South
	Thursday	20-Nov	6:30 - 8:00	ACK 2
	Tuesday	25-Nov	6:30 - 8:00	ACK 2
Both (3 Level Training)	Monday	1-Dec	7:00 - 8:00	Civic Center
	Tuesday	2-Dec	8:00 - 9:30	FH - North
	Thursday	4-Dec	7:30 - 9:00	Biester
	Monday	8-Dec	7:30 - 9:00	FH - North
	Tuesday	9-Dec	8:00 - 9:30	FH - South
	Thursday	11-Dec	6:30 - 8:00	ACK 2
Both (3 Level Training)	Monday	15-Dec	7:00 - 8:00	Civic Center
	Tuesday	16-Dec	7:30 - 9:00	FH - South
	Thursday	18-Dec	8:00 - 9:30	FH - South