

## **January 4th thru March 7th 2026: (9 weeks)**

**age-based training sessions – groups will have access to 2 cages during this time**



<u>Sundays (2 cages)</u>	<u>Mondays (2 cages)</u>	<u>Tuesdays (2 cages)</u>	<u>Wednesdays (2 cages)</u>	<u>Thursdays (2 cages)</u>
4:00 – 5:00pm	5:00 – 6:00pm	5:00 – 6:00pm	5:00 – 6:00pm	5:00 – 6:00pm
5:00 – 6:00pm	6:00 – 7:00pm	6:00 – 7:00pm	6:00 – 7:00pm	6:00 – 7:00pm
6:00 – 7:00pm	7:00 – 8:00pm	7:00 – 8:00pm	7:00 – 8:00pm	7:00 – 8:00pm
7:00 – 8:00pm	8:00 – 9:00pm	8:00 – 9:00pm	8:00 – 9:00pm	8:00 – 9:00pm

## **March 8th thru March 21st 2026: (2 weeks)**

**team based training sessions – teams will have access to 2 cages during this time**

<u>Sundays (2 cages)</u>	<u>Mondays (2 cages)</u>	<u>Tuesdays (2 cages)</u>	<u>Wednesdays (2 cages)</u>	<u>Thursdays (2 cages)</u>	<u>Saturdays (2 cages)</u>
4:00 – 5:00pm	5:00 – 6:00pm	5:00 – 6:00pm	5:00 – 6:00pm	5:00 – 6:00pm	12:00 – 1:00pm
5:00 – 6:00pm	6:00 – 7:00pm	6:00 – 7:00pm	6:00 – 7:00pm	6:00 – 7:00pm	1:00 – 2:00pm
6:00 – 7:00pm	7:00 – 8:00pm	7:00 – 8:00pm	7:00 – 8:00pm	7:00 – 8:00pm	2:00 – 3:00pm
7:00 – 8:00pm	8:00 – 9:00pm	8:00 – 9:00pm	8:00 – 9:00pm	8:00 – 9:00pm	3:00 – 4:00pm
					4:00 – 5:00pm
					5:00 – 6:00pm

## **March 22nd thru May 2nd 2026: (6 weeks)**

**team based practices – teams will have access to 4 cages during this time**

<u>Sundays (4 cages)</u>	<u>Mondays (4 cages)</u>	<u>Tuesdays (4 cages)</u>	<u>Wednesdays (4 cages)</u>	<u>Thursdays (4 cages)</u>	<u>Saturdays (4 cages)</u>
4:00 – 5:00pm	5:00 – 6:00pm	5:00 – 6:00pm	5:00 – 6:00pm	5:00 – 6:00pm	12:00 – 1:00pm
5:00 – 6:00pm	6:00 – 7:00pm	6:00 – 7:00pm	6:00 – 7:00pm	6:00 – 7:00pm	1:00 – 2:00pm
6:00 – 7:00pm	7:00 – 8:00pm	7:00 – 8:00pm	7:00 – 8:00pm	7:00 – 8:00pm	2:00 – 3:00pm
7:00 – 8:00pm	8:00 – 9:00pm	8:00 – 9:00pm	8:00 – 9:00pm	8:00 – 9:00pm	3:00 – 4:00pm
					4:00 – 5:00pm
					5:00 – 6:00pm

## **May 4th thru July 9 th 2026: (12 weeks)**

**team based practices – teams will have access to 2 cages during this time**

<u>Mondays (2 cages)</u>	<u>Tuesdays (2 cages)</u>	<u>Wednesdays (2 cages)</u>	<u>Thursdays (2 cages)</u>
5:00 – 6:00pm	5:00 – 6:00pm	5:00 – 6:00pm	5:00 – 6:00pm
6:00 – 7:00pm	6:00 – 7:00pm	6:00 – 7:00pm	6:00 – 7:00pm
7:00 – 8:00pm	7:00 – 8:00pm	7:00 – 8:00pm	7:00 – 8:00pm

## **July 13th thru July 30th 2026: (2 weeks)**

**age based training time to prepare for 2027 travel tryouts - groups will have access to 2 cages during this time.**

<u>Mondays (2 cages)</u>	<u>Tuesdays (2 cages)</u>	<u>Wednesdays (2 cages)</u>	<u>Thursdays (2 cages)</u>
5:00 – 6:00pm	5:00 – 6:00pm	5:00 – 6:00pm	5:00 – 6:00pm
6:00 – 7:00pm	6:00 – 7:00pm	6:00 – 7:00pm	6:00 – 7:00pm
7:00 – 8:00pm	7:00 – 8:00pm	7:00 – 8:00pm	7:00 – 8:00pm