

SRST Practice Schedule June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Senior/Red 5-7 Silver6-7 Black 7-8	2 Senior/Red 5-7	3 Senior/Red 5-7 Silver6-7 Black 7-8	4 NO Practice SRHS Graduation	5 Senior/Red 7-8:30 Pre-Team 8:30-9:00 Pre-Team 9:00-9:30
6	7 Senior/Red 5-7 (Dryland 5-5:30)	8 Senior/Red 5-7 Silver6-7 Black 7-8	9 Senior/Red 5-7	10 Senior/Red 5-7 Silver6-7 Black 7-8	11 Silver/Black com- bined practice @SRU 5:30-7	12 USA MEET@ GPAC-NO PRACTICE
13 USA MEET@ GPAC-NO PRACTICE	14 Senior/Red 5-7 (Dryland 5-5:30) Senior Optional 7-8:30	15 Senior/Red 5-7 Silver6-7 Black 7-8	16 Senior/Red 5-7 Senior Optional 7-8:30 am	17 Senior/Red 5-7 Silver6-7 Black 7-8	18 Silver/Black com- bined practice @SRU 5:30-7	19 Senior/Red 7-8:30
20	21 Senior/Red 5-7 (Dryland 5-5:30) NO MORNING PRACTICE	22 NO PRACITCE FOR SENIOR/RED Silver6-7 Black 7-8	23 Senior/Red 5-7 NO MORNING PRACTICE	24 Senior/Red 5-7 Silver6-7 Black 7-8	25 Silver/Black com- bined practice @SRU 5:30-7	26 Senior/Red 7-8:30 Pre-Team 8:30-9:00 Pre-Team 9:00-9:30
27	28 Senior/Red 5-7 (Dryland 5-5:30) Senior Optional 7-8:30	29 Senior/Red 5-7 Silver6-7 Black 7-8	30 Senior/Red 5-7 Senior Optional 7-8:30	Tuesday/Thursday practices for Silver and Black remain at Cool Springs Fitness Center Friday practice for Silver and Black is combined at SRU Field House		

SRST Practice Schedule

July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Tuesday/Thursday practices for Silver and Black remain at Cool Springs Fitness Center Friday practice for Silver and Black is combined at SRU Field House				1 Senior/Red 5-7 Silver6-7 Black 7-8	2 Silver/Black combined practice @SRU 5:30-7	3 Senior/Red 7-8:30 Pre-Team 8:30-9:00 Pre-Team 9:00-9:30
4	5 Senior/Red 5-7 (Dryland 5-5:30) Senior Optional 7-8:30	6 Senior/Red 5-7 Silver6-7 Black 7-8	7 Red 5-6:30 (Dryland for Senior 5:30-6:15) Senior 6:30-8 (Dryland for Red 6:45-7:30) Senior Optional 7-8:30	8 Senior/Red 5-7 Silver6-7 Black 7-8	9 Silver/Black combined practice @SRU 5:30-7	10 Senior/Red 7-8:30
11	12 Senior/Red 5-7 (Dryland 5-5:30) Senior Optional 7-8:30	13 Senior/Red 5-7 Silver6-7 Black 7-8	14 Red 5-6:30 (Dryland for Senior 5:30-6:15) Senior 6:30-8 (Dryland for Red 6:45-7:30) Senior Optional 7-8:30	15 Senior/Red 5-7 Silver6-7 Black 7-8	16 Silver/Black combined practice @SRU 5:30-7 ?USA MEET-Silver Champs	17 Senior/Red 7-8:30 ?USA MEET-Silver Champs
18 ?USA MEET-Silver Champs	19 Senior/Red 5-7 (Dryland 5-5:30) Senior Optional 7-8:30	20 Senior/Red 5-7 Silver6-7 Black 7-8	21 Red 5-6:30 (Dryland for Senior 5:30-6:15) Senior 6:30-8 (Dryland for Red 6:45-7:30) Senior Optional 7-8:30	22 Senior/Red 5-7 Silver6-7 Black 7-8	23 Silver/Black combined practice @SRU 5:30-7 ?USA MEET-Gold Champs	24 Senior/Red 7-8:30 ?USA MEET-Gold Champs
25 ?USA MEET-Gold Champs	26 Senior/Red 5-7 (Dryland 5-5:30) Senior Optional 7-8:30	27 Senior/Red 5-7 Silver6-7 Black 7-8	28 Red 5-6:30 (Dryland for Senior 5:30-6:15) Senior 6:30-8 (Dryland for Red 6:45-7:30) Senior Optional 7-8:30	29 Senior/Red 5-7 Silver6-7 Black 7-8	30 Silver/Black combined practice @SRU 5:30-7	31 ?Summer Picnic