

FALL 2023 “Regular” Schedule *(updated 6/16/23)*

STARTS Monday 8/28/23

SENIOR Team:

Monday: **7:15-8:15am** Dance Studio with LKR (@ Phillips Studio); **3:15-5:15pm** On-ice

Tuesday: **7:00-8:45am** On-ice (8:20-8:45 cardio); **4:30-5:30pm** Weights

Wednesday: **7:15-8:15am** Dance Studio with LKR/Off-Ice; **3:15-5:15pm** On-ice (Skills)

Thursday: **7:15-8:45am** On-ice; **4:30-5:30pm** Weights

Friday: **7:00-8:00am** - Conditioning/Cardio; **3:15-5:15pm** On-ice

COLLEGIATE Team:

Monday: **7:00-8:45am** On-ice

Tuesday: **7:00-8:00am** Weights; **4:15-5:00pm** On-Ice (cardio)

Wednesday: **7:00-8:45am** On-ice (Skills); **4:30-5:30pm** Dance Studio with LKR

Thursday: **7:00-8:00am** Weights; **4:00-5:15pm** On-ice

Friday: **7:00-8:15am** On-ice; **3:00-4:00pm** - Conditioning/Cardio

****THIS TEAM CALENDAR IS TENTATIVE AND SUBJECT TO CHANGE AT ANY TIME****

Any changes to Extra FS Sessions, Study Tables, etc. due to team travel will be announced by Coaches!

August 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
July 30 SR (Dorm) Move-in @ Anderson Hall – 10:00am-1:00pm SR – 2:00pm Physicals @ APC Training Rm	July 31 SR - TEAM HANDBOOK Mtg (Goggin Club Lounge) – 4:30-6:00pm SR - Labs & Impact testing (by appointment)	1 SR – 8:00-10:00am On-ice SR – 1:15-3:45pm (A) On-ice	2 SR – 8:00-10:00am On-ice SR – 1:15-3:45pm (A) On-ice	3 SR – 8:00-10:00am On-ice SR – 1:15-3:45pm (A) On-ice SR - S&C 5:00-6:00pm	4 SR – Team Conditioning 1:30-2:30pm SR – 8:00-10:30am On-ice (Individual Programs)	5 OFF
6 OFF	7 SR – 8:30-10am Sawyer Gym SR - 1:15-3:45pm On-ice	8 SR – 8:00-10:00am On-ice SR – 11:00-11:45am Sawyer Gym SR – 1:15-3:45pm On-ice	9 SR – 8:00-10:00am On-ice SR - 1:15-3:45pm On-ice SR Mental Training – 4:30-5:30pm	10 SR – 8:00-10:00am On-ice SR – 1:15-3:45pm On-ice SR - S&C 4:30-5:30pm	11 SR – 8:00-11:00am On-ice SR – Team Conditioning 3:00-4:00pm (*SR On-campus athletes move to permanent room)	12 OFF
13 OFF	14 SR – 8:00-10:00am On-ice SR – 11:00-11:45am Sawyer Gym SR – 1:15-3:45pm (A) On-ice	15 SR – 8:00-10:00am On-ice SR – 1:15-3:45pm (A) On-ice SR - S&C 4:30-5:30pm	16 SR – 8:00-10:00am On-ice SR – 1:15-3:45pm (A) On-ice	17 SR – 8:00-10:00am On-ice SR – 1:15-3:45pm (A) On-ice SR - S&C 4:30-5:30pm	18 SR – 9:00am-12:00pm On-ice SR – Team Conditioning 3:00-4:00pm	19 OFF
20	21 SR – 8:00-10:00am On-ice SR – 1:15-3:45pm (A) On-ice	22 SR – 8:00-10:00am On-ice SR – 1:15-3:45pm (A) On-ice SR - S&C 4:30-5:30pm	23 CL – (Dorm) Move-in 9am-1pm CL – 2:00pm Physicals @ APC Other testing/labs as you scheduled appointments SR – 8:00-10:00am On-ice SR – 1:15-3:45pm (A) On-ice	24 SR – 8:00-10:00am On-ice ALL – Compliance Mtg (Club Lounge) – 10:30am CL - TEAM HANDBOOK Mtg (Club Lounge) – 4:00-5:30pm	25 TEAM PICTURES 7:00-9:00a No SR Conditioning CL – 10am-12:45pm On-ice (Individual Programs) SR OFF	26
27	28 *START REGULAR SCHEDULE	29	30	31		

September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mental Training (All) Day/Time TBD					1	2
3 START EXTRA SESSIONS Minimum 1 /week	4 Labor Day CL – 7:00-8:45am On-ice SR – 3:15-5:15pm On-ice	5 CL Mental Training – 5:30pm	6	7	8	9
10 START STUDY TABLES 4 hrs. on own each week COLLEGIATE Team: 9am-12pm (A) On-ice	11	12	13	14	15	16
17	18	19	20 SR Mental Training 7:15am (no studio)	21	22	23
24 Yom Kippur	25 Yom Kippur	26	27	28	29	30

October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 (Senior departs TBDpm)	6 USFS ISP Monitoring Experience (SR) CL - OFF	7 USFS ISP Monitoring Experience (SR) (Senior returns ~TBDpm)
8	9	10	11 NO Dance Studio Today SR Mental Training 7:15-8:15am CL Mental Training – 5:30-6:30pm	12	13 FALL BREAK ALL TEAMS OFF	14 FALL BREAK ALL TEAMS OFF
15 FALL BREAK ALL TEAMS OFF	16	17	18 Mandatory Education Session (Sports Wagering) – Time TBD	19	20 RECRUITMENT DAY	21
22	23	24	25	26	27 SR Hockey Exhibition?	28 Family Weekend ALL Meeting 9am (102 BEN) ALL Exhibition 1:00-2:00pm (A) ALL Banquet 6:00pm Heritage Room - Shriver
29	30	31 Halloween				

November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 SR Mental Training 7:15-8:15am (no dance today)	2	3	4
5	6 CL Mental Training – 5:30-6:30pm	7	8 SR Departs TBD	9 CL OFF	10 Fall Classic (SR)	11 Fall Classic (SR)
12 SR Returns ~TBDam	13	14	15	16	17 Kzoo Kickoff (CL) SR – OFF CL Departs ~10am	18 Kzoo Kickoff (CL) CL Returns TBD (pm)?
19 ALL - 0 Sessions ALL – 0 Study Tables	20	21 CL Practice 6:30-7:30am SR Practice 7:45-9:00am ALL NO WEIGHTS	22 THANKSGIVING BREAK	23 Thanksgiving THANKSGIVING BREAK	24 THANKSGIVING BREAK	25 THANKSGIVING BREAK
26 ALL - 0 Sessions ALL – 0 Study Tables	27	28	29	30		

December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ALL - 0 Sessions ALL - 0 Study Tables</p>				<p>SR Departs - ~5:30pm</p>	<p>1 Porter Classic (ALL)</p> <p>CL Departs ~11:00am</p>	<p>2 Porter Classic (ALL)</p>
<p>3 Porter Classic (ALL?)</p> <p>ALL - Return TBD (pm)</p>	<p>4</p> <p>ALL OFF</p>	<p>5</p>	<p>6</p> <p>SR Mental Training 7:15-8:15am (no dance)</p> <p>CL Mental Training - 5:30-6:30pm (no studio)</p>	<p>7 Hanukkah (1st Eve.)</p>	<p>8</p> <p>CL Hockey Exhibition?</p>	<p>9</p>
<p>10</p> <p>NO Required Sessions, Tables, Weights, Studio, Conditioning</p>	<p>11 Finals Week</p> <p>TENTATIVE: CL - 7:30-9:00am (B) SR - 3:15-5:15pm (B)</p>	<p>12 Finals Week</p> <p>TENTATIVE: SR - 7:30-9:00am (B) CL - 3:15-5:00pm (A)</p>	<p>13 Finals Week</p> <p>TENTATIVE: CL - 7:30-9:00am (B) SR - 3:15-5:15pm (B)</p>	<p>14 Finals Week</p> <p>ALL OFF</p>	<p>15 Finals Week</p> <p>ALL OFF</p>	<p>16 WINTER BREAK (ALL)</p>
<p>17 WINTER BREAK (ALL)</p>	<p>18 WINTER BREAK (ALL)</p>	<p>19 WINTER BREAK (ALL)</p>	<p>20 WINTER BREAK (ALL)</p>	<p>21 WINTER BREAK (ALL)</p>	<p>22 WINTER BREAK (ALL)</p>	<p>23 WINTER BREAK (ALL)</p>
<p>24 Christmas Eve</p> <p>WINTER BREAK ALL</p>	<p>25 Christmas Day</p> <p>WINTER BREAK (ALL)</p>	<p>26 WINTER BREAK (ALL)</p>	<p>27 SR Returns</p> <p>WINTER BREAK (CL)</p>	<p>28 WINTER BREAK (CL)</p> <p>SR - 9:00-11:00am On-Ice SR - 3:15-5:15pm On-Ice</p>	<p>29 WINTER BREAK (CL)</p> <p>SR - 8:00-11:00am On-Ice</p> <p>SR - 1:30-3:00pm - Off-Ice Practice</p>	<p>30 WINTER BREAK (CL)</p> <p>SR - 10:00am-1:00pm On-ice</p> <p>SR - 3:00-4:00pm - Off-Ice Practice</p>
<p>31 New Years Eve</p>						

January 2024

TENTATIVE SCHEDULE *All times subject to change*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 New Years Day SR – 10:00am-1:00pm WINTER BREAK (CL)	2 WINTER BREAK (CL) SR – 8:30-11:00am On-ice SR – 1:30-3:30pm On-ice (A)	3 WINTER BREAK (CL) SR – 8:30-11:00am On-ice SR – 2-4:00pm On-ice SR Mental Training 5:15-6:15pm	4 WINTER BREAK (CL) SR – 8:30-11:00am On-ice SR – 1:45-3:45pm On-ice (A)	5 WINTER BREAK (CL) SR – 8:30-9:45am On-ice SR – 2-4:00pm On-ice	6
7 CL Returns	8 CL – 8:30-11:30am On-ice SR – 2:00-4:00pm On-ice (A) SR – 10:00a Dance Studio	9 SR – 8:30-11:30a On-ice CL – 1:45-3:45pm On-ice SR S&C – 4:30-5:30pm CL S&C – 7:00-8:00am	10 CL – 8:30-11:30am On-ice SR – 2:00-4:00pm On-ice SR – 10:00a Dance Studio CL – 1:00p Dance Studio	11 SR – 8:30-11:30 On-ice CL – 1:40-3:40pm On-ice SR S&C – 4:30-5:30pm CL S&C – 7:00-8:00am	12 Ch Series – NED? (SR) SR – 7:00-9:30am On-Ice CL – 3:15-5:15pm On-Ice CL S&C – 8:00-9:00am SR Hockey Exhibition	13 Ch Series – NED? (SR)
14	15 MLK Day CL – 7:00-8:45am On-ice SR – 3:15-5:15pm On-ice	16 CL – 8:30-11:30a On-ice SR – 1:45-3:45pm On-ice (A) CL S&C – 4:30-5:30pm SR S&C – 7:00-8:00am	17 SR - 8:30-11:30am On-ice CL – 2-4:00pm On-ice CL – 10:00am Dance Studio CL Mental Training – 5:15pm	18 SR – 8:30-11:30am On-ice CL – 2:00-4:00pm On-ice SR S&C – 4:30-5:30pm CL S&C - 7:00-8:00am	19 Ch Series- HUN? (SR) CL–7:00-8:45am On-ice SR – 11:00am-1:30pm On-ice ALL S&C – 3:00-4:00pm	20 Ch Series- HUN? (SR)
21 Ch Series- HUN? (SR)	22 CL – 8:30-11:30am On-ice SR – 2:00-4:00pm On-ice SR – 10:00a Dance Studio	23 SR – 8:30-11:30a On-ice CL – 1:45-3:45pm (A) On-ice SR S&C – 4:30-5:30pm	24 CL – 8:30-11:30am On-ice SR – 2:00-4:00pm On-ice SR – 10:00a Dance Studio CL Departs TBD	25 Midwesterns (CL) SR – 8:30-11:30 On-ice SR S&C – 4:30-5:30pm	26 Midwesterns (CL) SR – 7:00-10:00am On-Ice SR S&C – 3:00-4:00pm Ch Series – GBR? (SR)	27 Midwesterns (CL) CL FS Event Ch Series – GBR? (SR)
28 CL Returns TBD (pm) SR US Champs Gala?	29 Classes Resume Regular Schedule BEGINS	30	31			

SPRING 2024 “Regular” Schedule

STARTS Monday 1/29/24

SENIOR Team:

Monday: **7:15-8:15am** Dance Studio with LKR (@ Phillips Studio); **3:15-5:15pm** On-ice

Tuesday: **7:00-8:45am** On-ice (8:20-8:45 cardio); **4:30-5:30pm** Weights

Wednesday: **7:15-8:15am** Dance Studio with LKR/Off-ice; **3:15-5:15pm** On-ice (Skills)

Thursday: **7:15-8:45am** On-ice; **4:30-5:30pm** Weights

Friday: **7:00-8:00am** - Conditioning/Cardio; **3:15-5:15pm** On-ice

COLLEGIATE Team:

Monday: **7:15-8:45am** On-ice

Tuesday: **7:00-8:00am** Weights; **4:15-5:00pm** On-Ice (cardio)

Wednesday: **7:00-8:45am** On-ice (Skills); **4:30-5:30pm** Dance Studio with LKR

Thursday: **7:00-8:00am** Weights; **4:00-5:15pm** On-ice

Friday: **7:00-8:15am** On-ice; **3:00-4:00pm** - Conditioning/Cardio

****THIS TEAM CALENDAR IS TENTATIVE AND IS SUBJECT TO CHANGE AT ANY TIME****

Any changes to Extra FS Sessions, Study Tables, On Ice Cardio or Skating Skills Classes due to team travel will be announced by Coaches!

February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Ch Series – POL? (SR) CL Hockey Exhibition	3 Ch Series – POL? (SR)
4 START STUDY TABLES 4 hrs. on own each week (under 3.0 Fall Semester)	5	6	7	8	9 Ch Series – FIN? (SR) CL Departs ~11am	10 Tri States (CL) Ch Series – FIN? (SR) CL Returns? – TBD (pm)
11	12 SR Mental Training 7:15-8:15am CL Mental Training – 5:30-6:30pm	13	14	15	16 NO CARDIO	17 ALL Nationals Send-Off Exhibition Time TBD
18 ALL OFF	19 President's Day Regular Practice Times	20	21 SR Team Departs (AM)	22 Nationals (ALL) CL Team Departs (AM)	23 Nationals (ALL) SR SP Competition	24 Nationals (ALL) CL FS Competition SR FS Competition
25 ALL Return (PM)	26 ALL OFF	27 CL OFF	28 CL OFF	29 CL OFF		

March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 CL OFF	2
3	4 CL OFF	5 CL OFF	6 CL OFF	7 CL OFF	8 CL OFF	9
10	11	12	13 CL Skills 7:00-8:45am	14	15	16 EOY Awards Banquet 2:00-5:00pm John E. Dolibois Room (Shriver Center)
17	18	19	20 CL Skills 7:00-8:45am	21	22	23
24	25 Spring Break CL 9:00-10:30am SR On-ice 2:00-3:30pm SR On-Ice	26 Spring Break CL 9:00-10:30am SR On-ice 2:00-3:30pm SR On-Ice	27 Spring Break CL 9:00-10:30am SR On-ice 2:00-3:30 SR On-Ice	28 Spring Break CL 9:00-10:30am SR On-ice 2:00-3:30pm SR On-Ice	29 Spring Break CL 9:00-10:30am SR On-ice 2:00-3:30pm SR On-Ice	30
31 Easter						SR Mental Training TBD

April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 CL OFF <i>Sr Departs - TBD</i>	2 WORLDS CL OFF	3 WORLDS CL OFF	4 WORLDS CL OFF	5 WORLDS CL OFF	6 WORLDS
7	8 ALL OFF	9 ALL OFF	10 ALL OFF	11 ALL OFF	12 ALL OFF	13 TRYOUTS Ice: 8:00-10:00am & 3:00-7:00pm
14 TRYOUTS Ice 8:00am-12:45pm	15 ALL OFF	16 ALL OFF	17 ALL OFF	18 ALL OFF	19 ALL OFF	20
21	22 Passover (sundown) ALL OFF	23 ALL OFF	24 ALL OFF	25 ALL OFF	26	27
28	29 ALL OFF	30 ALL OFF				

May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 ALL OFF	2 ALL OFF	3 ALL OFF ALL LOCKER MOVE OUT DEADLINE 5PM!!	4
5 Orthodox Easter	6 ALL OFF	7 ALL OFF	8 ALL OFF	9 ALL OFF	10 Classes End ALL OFF	11
12	13 FINALS WEEK ALL OFF	14 FINALS WEEK ALL OFF	15 FINALS WEEK ALL OFF	16 FINALS WEEK ALL OFF	17 FINALS WEEK ALL OFF	18
19	20	21	22	23	24	25
26	27 Memorial Day	28	29	30	31	