



2025-26 Season

Nick DiPasquale - Head Coach



Practice Schedule

Mon - Fri



- 14:25 - 14:55 : Study Time
- 15:00 - 15:50 : Endurance / Strength Training
 - MWF : Strength Training
 - TTh : Endurance Training
- 16:00 - 18:00 : Practice
 - Technique
 - Drilling