



**2024-25 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 - 17:45 : Practice
  - Technique
  - Drilling