



# 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



# Practice Schedule

Sat

- 10:00 - 12:00 : Practice
  - Technique
  - Drilling