

EVERGREEN HURRICANES

Fall 2024 Practice Schedule

Starting Monday, September 9th, 2024

All Workouts at WULF

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:30							5:30
6:00							6:00
6:30							6:30
7:00		Senior 2 6:00-8:00		Senior 1 & 2 6:00 - 8:00		Senior 1 & 2 6:00 - 8:30	7:00
7:30						Category 2 & 3 7:00 - 8:30	7:30
8:00							8:00
8:30							8:30
9:00							9:00
9:30							9:30
10:00							
3:00							3:00
3:30							3:30
4:00							4:00
4:30	Category 1 4:30pm - 5:20pm	Category 2 4:30pm - 5:45pm					4:30
5:00			Category 1 4:30pm - 5:20pm	Category 2 4:30pm - 5:45pm	Category 1 4:30pm - 5:20pm	Category 1 4:30pm - 5:20pm	5:00
5:30		Category 3 5:00pm - 6:45pm			Category 2 5:20pm - 6:45pm	Senior 2 4:30pm - 6:00pm	5:30
6:00	Senior 2 5:45pm - 8:00pm	Senior 1 5:45pm - 7:45pm	Senior 2 5:45pm - 8:00pm	Senior 1 5:45pm - 7:45pm		Senior 1 4:30pm - 6:00pm	6:00
6:30					Senior 2 6:30pm - 8:00pm	Category 3 6:00pm - 7:30pm	6:30
7:00						Category 2 6:00pm - 7:30pm	7:00
7:30							7:30

GROUP SCHEDULE SUMMARIES

Category 1	Category 2	Category 3	Senior 1	Senior 2	
Monday	4:30pm - 5:20pm	Monday	5:00pm - 6:45pm	Monday	5:45pm - 8:00pm
Tuesday	4:30pm - 5:20pm	Tuesday	5:00pm - 6:45pm	Tuesday	6:00am - 8:00am, 5:45pm - 8:00pm
Wednesday	4:30pm - 5:20pm	Wednesday	5:00pm - 6:45pm	Wednesday	5:45pm - 8:00pm
Thursday	4:30pm - 5:20pm	Thursday	5:00pm - 6:30pm	Thursday	6:00am - 8:00am, 6:30pm - 8:00pm
Friday	4:30pm - 5:20pm	Friday	6:00pm - 7:30pm	Friday	4:30pm - 6:00pm
Saturday	Off	Saturday	7:00am - 8:30am	Saturday	6:00am - 8:30am