

### 2022-2023 Team Practice Schedule

	<b>Tuesday</b>	<b>Thursday</b>	<b>Friday</b>
	4:15-7:45 pm  HS TEAM 5:30-9 pm	4:15-7:45 pm  HS TEAM 5:30-9 pm	4:15-7:45 pm  HS TEAM 3:30-5:50 BEGINS 11/4/22

ALL SESSIONS ARE 5 WEEKS IN LENGTH

Session 1	AUG 23 - SEPT 23	
Session 2	SEPT 27 - OCT 28	
Session 3	NOV 1 - DEC 2	CAMP: Wed 11/23 9 am-2 pm HS Winter Season begins week of 11/1/22 NO practice: Th & Fr 11/24 & 11/25
Session 4	DEC 6 - JAN 6, 2023	NO practice: 12/23 & 12/30 YES Practice: Tue, Wed & Thur 12/27 12/28 & 12/29 10 am-2 pm
Session 5	JAN 10 - FEB 10	
Session 6	FEB 14 - MAR 17	HS Winter season ends 3/4/23
Session 7	MAR 21 - APR 21	NO practice: 4/11
Session 8 4 wk sess Includes June 6-8 Camp	APR 25 - MAY 12  JUNE 6-8	MAY 16 - JUNE 2 SPRING BREAK  June Tue Wed & Thur TEAM CAMP 4-7 pm

<p><b><u>Practice Guidelines</u></b> All gymnasts are encouraged to participate at every practice per week, but school &amp; family obligations always takes precedent.</p>	<p><b><u>Cost</u></b> 1-3 practices per week = \$300 per 5 wk session 4 wk session 4/25-6/8/23 = \$240  HS off season = \$200 per 5 wk session HS in season = \$300 per 5 wk session</p>
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