



2016-2017 USAG Girls Competitive Team Practice Schedule Fall/Winter/Spring



Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Hours
Hot Shot II	4:45-7:45 pm		4:45-7:45 pm				6
Hot Shot III	4:45-7:45 pm		4:45-7:45 pm	4:45-7:45 pm			9
Xcel A	4:45-7:45 pm		4:45-7:45 pm		4:45-7:45 pm		9
Xcel B		4:45-7:45 pm		4:45-7:45 pm	4:45-7:45 pm		9
Compulsory A		4:30-8:00 pm	4:30-8:30 pm	4:30-8:00 pm		8:00 am - 1:00 pm	16
Compulsory B	4:30-8:00 pm		4:30-8:30 pm		4:30-8:00 pm	8:00 am - 1:00 pm	16
Optional A	4:30-8:00 pm		4:30-8:30 pm		4:30-8:00 pm	8:00 am - 1:00 pm	16
Optional B	3:30-7:30 pm	3:30-7:30 pm		3:30-7:30 pm	3:30-7:30 pm	8:00 am - 1:00 pm	21
Optional C	3:30-7:30 pm	3:30-7:30 pm		3:30-7:30 pm	3:30-7:30 pm	8:00 am - 1:00 pm	21
Optional D	3:30-7:30 pm	3:30-7:30 pm		3:30-7:30 pm	3:30-7:30 pm	8:00 am - 1:00 pm	21
ETT	TBD	TBD		TBD	TBD	TBD	TBD
TOPS							TBD

***Effective August 29, 2016**