

**B-S-G-N Practice Schedule**  
**April 21-26**

Please be prepared for each practice with your training equipment & water bottles! For dryland workouts, please wear gym shoes.

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>	<b>Sat</b>
<i>National</i>	7:30-9pm @ EAST	6-7am @ OPRF dryland  No practice	7-9pm @ EAST	6-7am @ OPRF dryland  7:30-9pm @ EAST	4:30-6 pm @ EAST	9-11am WEST
<i>Gold</i>	7:30-9pm @ EAST	No practice	7-9pm @ EAST	7:30-9pm @ EAST	4:30-6 pm @ EAST	9-11am WEST
<i>Silver</i>	Dryland 6-7pm @ YMCA	Classroom 6-7pm @ OPRF Monogram Room	6-8pm @ EAST	No practice	5:30-7:30pm @ EAST	9-11am WEST
<i>Bronze</i>	No practice	Dryland 6-6:45pm @ YMCA	6-7:30pm @ EAST	Parentt/athlete Meeting 6:15-6:45pm	5:30-7pm @ EAST	8-9am WEST