



# NCAP Marymount 2023-2024



Training Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b><u>Gold 1</u></b> 14-18 years 6 practices  <i>2-3x/week dryland</i>	5:15-7:00am	5:15-7:00am  3:30-5:30pm	5:15-7:00am	5:15-7:00am  3:30-5:30pm	5:15-7:00am	6:30-8:30am
<b><u>Gold 2</u></b> 14-18 years 6 practices	3:30-5:15pm	5:15-7:00am	3:30-5:15pm	5:15-7:00am	3:30-5:15pm	6:30-8:30am
<b><u>Silver 1</u></b> 11-15 years 6 practices  <i>2-3x/week dryland</i>	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	8:30-10:15am
<b><u>Silver 2</u></b> 11-14 years 3 practices	6:30-8:00pm (A)	6:30-8:00pm (B)	6:30-8:00pm (A)	6:30-8:00pm (B)	6:30-8:00pm (A)	8:30-10:00am (B)
<b><u>Bronze 1</u></b> 9-12 years 3 practices/week	5:15-6:30pm		5:15-6:30pm		5:15-6:30pm	
<b><u>Bronze 2</u></b> 10 & Under 2 Practices/week		5:30-6:30pm		5:30-6:30pm		

*All groups are a year-long commitment, September to July, except Bronze 2, which trains September-May.*