



NCAP American University 2023-2024



Training Group	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Gold 15+ years old 6-7 practices per week	3:45-6:30pm Montgomery Square	4:30-6:30am	3:40-6:30pm	4:35-6:30am St. Albans 4:20-6:20pm	3:40-6:30pm	Saturday 6:30-9:00am Montgomery Square
Silver I 13-16 years old 5-6 practices per week	4:30-6:30pm	4:30-6:30pm	4:15-6:30pm	4:30-6:30pm	4:45-6:30am	Saturday 5:30-7:30am
Silver II 13-16 years old 5-6 practices per week	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm Montgomery Square	4:45-6:30am	4:30-6:30pm	Saturday 5:30-7:30am
Bronze I 9-12 years old 3-5 practices per week	5:05-6:30am Invite Only 6:30-7:45pm All Others	6:30-7:45pm	6:30-7:45pm	6:30-7:45pm Invite Only	6:30-7:45pm	Saturday 7:40-9:00am
Bronze II 9&under 2-3 practices per week	6:30-7:30pm			6:30-7:30pm		Sunday 8:30-9:30am

Notes:

- All practices at American University unless otherwise indicated
- Gold and Silver groups will also have dryland times added on to this schedule
- Schedules are subject to change based on availability at AU and Holton Arms