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| **Freedom 2022-2023** | | | | | | |
| Training Group | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/ Sunday |
| **Bronze 3**  10 & Under  2-3 practices /week  Sept-May | 6:00-7:00 PM |  | 6:00-7:00 PM | 6:30-7:30 PM |  |  |
| **Bronze 2**  9-12 years old  3-5 practices/week  Sept-July | 7:00-8:30 PM | 6:30-8:30 PM  (Dryland 6:30-7:00) | 7:00-8:30 PM | 7:30-8:30 PM |  | Sunday  12:30-2:00 PM  Dryland 12:30-1:00) |

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| **Bronze 1**  11-14 years old  4-6 practices/week  Sept-July | 5:00-6:30 AM | 4:45-7:00 PM  (DL 4:45-5:30 PM) | 5:00-6:30 AM | 5:00-6:30 PM | 5:00-6:30 PM | Saturday  8:00-9:30 AM |
| **Silver**  13-15 years old  5-6 practices/week  Sept-July | 4:00-6:45 PM  (DL 6:00-6:45 PM) | 4:45-6:15 AM | 4:00-6:45 PM  (DL 6:00-6:45 PM) | 4:45-6:15 AM | 4:45-6:15 AM | Saturday  9:30-11:30 AM |
| **Gold 3**  High School  3-5 practices/week  Sept-May or Sept-July (Gold 3 Plus) | 6:00-8:00 PM @ Vint Hill  6:00-6:30 DL | 4:00-5:30 PM @ Freedom | 4:00-5:30 PM @ Freedom | 4:00-5:30 PM @ Freedom |  | Sunday  1:00-3:00 PM @ Vint Hill  1:00-1:30 DL |

Unless otherwise stated, groups are a year-long commitment, September to July/August

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