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| **Vint Hill 2022-2023** | | | | | | |
| Training Group | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **Gold 1**  High School Age  8 practices per week | 4:45-6:15 AM @ Freedom in addition to PM  3:00-6:00 PM @ Vint Hill  Dryland 3:00-3:30 | 3:00-6:00 PM  Dryland 3:00-3:30 | 3:00-6:00 PM  Dryland 3:00-3:30 | 3:00-6:00 PM  Dryland 3:00-3:30 | 4:45-6:15 AM @ Freedom in addition to PM  3:00-6:00 PM @ Vint Hill  Dryland 3:00-3:30 | 8:00-11:00 AM @ Freedom Sept 10-Oct 22 (10:30-11:00 DL)  7:30-10:00 AM @ Vint Hill **beginning November 5th** |
| **Gold 2**  High School Age  6 practices per week | 4:45-6:15 AM @ Freedom | 6:00-8:30 PM @ Vint Hill  Dryland 4:45-5:45 PM | 6:00-8:30 PM @ Vint Hill | 6:00-7:30 PM @ Vint Hill  Dryland 4:45-5:45 PM | 4:45-6:15 AM @ Freedom | 8:00-11:00 AM @ Freedom Sept 10-Oct 22 (10:30-11:00 DL)  10:00 AM-12:30 PM @ Vint Hill **beginning November 5th** |

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

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