



WEEKEND PRACTICES

Throughout the season there will be added practices varying by team and schedule. During the Fall & Competition Season there will be additional weekend practices added to the schedule for all elite teams. Attendance is expected at all practices and mandatory during any Red Zone weeks.

Below is a list of practices already added to the schedule for planning purposes. Additional practices may be added throughout the season on a per team basis.

The practice schedule for the weekend will be available approximately two weeks prior to practice weekend.

SEPTEMBER 20th - SEPTEMBER 21st

OCTOBER 18th - OCTOBER 19th

NOVEMBER 8th - NOVEMBER 9th

JANUARY 3rd - JANUARY 4th