

### RC 2022 Jan-May Practice Schedule

01/10/2022- End of February or Middle of March (Weather pending)

Place	Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday
Cafeteria	5:00pm-6:30pm	Development Team		Development Team		Development Team
Cafeteria	6:30pm-8:30pm	Girls Team	Boys Team	Girls Team	Boys Team	Girls Team
Fitness Center	7:00pm - 8:30pm	Boys Team	Girls Team	Boys Team	Girls Team	Boys Team

Note: Boys and Girls are going to alternate every week

Optional tune up practice for all: 6:30-8pm, Jan 3-7, RHS cafeteria

03/01/2022 (Weather pending) - 04/10/2022

Day	Time	Place	Squad
<b>Tuesday</b>	4-7pm	PRRA	Boys
	6:30pm-8:30pm	School	Girls
<b>Wednesday</b>	4-7pm	PRRA	Girls
	6:30pm-8:30pm	School	Boys
<b>Thursday</b>	4-7pm	PRRA	Boys
	6:30pm-8:30pm	School	Girls
<b>Friday</b>	4-7pm	PRRA	Girls
	6:30pm-8:30pm	School	Boys
<b>Saturday</b>	8-10:30am	PRRA	Girls
	11-1:30pm	PRRA	Boys
	2-4pm	PRRA	<b>Development Team</b>
<b>Sunday</b>	8-10:30am	PRRA	Boys
	11-1:30pm	PRRA	Girls
	2-4pm	PRRA	<b>Development Team</b>

04/11/2022 - 05/08/2022

Day	Time	Place	Squad
<b>Tuesday</b>	4-7pm	PRRA	Boys
	6:30pm-8:30pm	School	Girls
<b>Wednesday</b>	4-7pm	PRRA	Girls
	6:30pm-8:30pm	School	Boys
<b>Thursday</b>	4-6pm	PRRA	Boys
	6-8pm	PRRA	Girls
<b>Friday</b>	4-6pm	PRRA	Girls
	6-8pm	PRRA	Boys
<b>Saturday</b>	8-10:30am	PRRA	Girls
	11-1:30pm	PRRA	Boys
	2-4pm	PRRA	<b>Development Team</b>
<b>Sunday</b>	8-10:30am	PRRA	Boys
	11-1:30pm	PRRA	Girls
	2-4pm	PRRA	<b>Development Team</b>

05/09/2022 -end of the season

Day	Time	Place	Squad
<b>Tuesday</b>	4-6pm	PRRA	Boys
	6-8pm	PRRA	Girls
<b>Wednesday</b>	4-6pm	PRRA	Girls
	6-8pm	PRRA	Boys
<b>Thursday</b>	4-6pm	PRRA	Boys
	6-8pm	PRRA	Girls
<b>Friday</b>	4-6pm	PRRA	Girls
	6-8pm	PRRA	Boys
<b>Saturday</b>	8-10:30am	PRRA	Girls
	11-1:30pm	PRRA	Boys
	2-4pm	PRRA	<b>Development Team</b>
<b>Sunday</b>	8-10:30am	PRRA	Boys
	11-1:30pm	PRRA	Girls
	2-4pm	PRRA	<b>Development Team</b>

Note: Development Team will start water practice on March 19th. Practice will ends on May 15th.