

2023 SVC Practice Schedule

TRAVEL	Practice 1	Practice 2	Positional Training	Workouts
13s Blue Josh/Jorge	Tues Ct2 7:30-9:00	Thurs Ct4 7:30-9:00	Monday - 6:00-7:00	Monday - 7:00-7:30
15s Blue Mark/Sue	Tues Ct1 7:30-9:00	Thurs Ct3 7:30-9:00	Monday - 6:00-7:00	Monday - 7:00-7:30
16s Blue Brooke/Jason	Tues Ct3 7:30-9:00	Thurs Ct1 7:30-9:00	Monday - 7:00-8:00	Monday - 6:30-7:00
17s Blue Amanda	Tues Ct4 7:30-9:00	Thurs Ct2 7:30-9:00	Monday - 7:00-8:00	Monday - 6:30-7:00
**Courts 1-4 - Elevation Prep			**Positional/Workouts at Elevation Prep	

REGIONAL	Practice 1	Practice 2
11s Reg. Stephanie/Heather	Tues Ct4 5:30-7:00	Thurs Ct1 6:00-7:30
14s Reg. Nickie/Beth	Tues Ct2 6:00-7:30	Thurs Ct2 6:00-7:30
15s Reg. Jan/Luciano	Tues Ct1 6:00-7:30	Thurs Ct4 5:30-7:00
**Courts 1-4 - Elevation Prep		

LOCAL (AAU)	Practice 1	Practice 2
10-11 Jeff/Cookie	Tues Ct5/6 6:00-7:30	Thurs Ct5/6 6:00-7:30
12s Jorge/Tati	Tues Ct3 5:30-7:00	Thurs Ct3 5:30-7:00
13s Teal Drew/Tati	Tues Ct5 7:30-9:00	Thurs Ct5 7:30-9:00
13s Navy Jeff/Tati	Tues Ct6 7:30-9:00	Thurs Ct6 7:30-9:00
14s Cookie/Be'lei	Mon Ct2 7:00-8:30	Wed. Ct4 7:00-8:30
**Courts 1-4 - Elevation Prep Courts 5 and 6 - Church of the Palms		