

# Training Schedule

Coaches - if you do not see your name listed please contact Skip Weston or Natalie Cowan immediately!

## Saturdays

Court 1 East		Court 2 East		Court 3 East		Court 4 East	
6:00am - 8:00am		6:00am - 8:00am		6:00am - 8:00am		6:00am - 8:00am	Sweston
8:00am - 10:00am	Slusher	8:00am - 10:00am	Wassum	8:00am - 10:00am	Aylward	8:00am - 10:00am	Meacham
10:00am - noon	Cowgill	10:00am - noon	Jweston	10:00am - noon	Winstead	10:00am - noon	McManus
noon - 2:00pm	Evenson	noon - 2:00pm	Thompson	noon - 2:00pm	Cowan	noon - 2:00pm	
2:00pm - 4:00pm	Schavey	2:00pm - 4:00pm	Bond	2:00pm - 4:00pm	Green	2:00pm - 4:00pm	Prior / Schwartz
4:00pm - 6:00pm	Carpenter	4:00pm - 6:00pm	Lenart	4:00pm - 6:00pm	Green	4:00pm - 6:00pm	Hairston
6:00pm - 8:00pm	Carpenter	6:00pm - 8:00pm	Gresham	6:00pm - 8:00pm	Jenkins	6:00pm - 8:00pm	Chun
8:00pm - 10:00pm		8:00pm - 10:00pm	Gresham	8:00pm - 10:00pm	Jenkins	8:00pm - 10:00pm	

## Sundays

Court 1 East		Court 2 East		Court 3 East		Court 4 East		Church Times	
6:00am - 8:00am		6:00am - 8:00am		6:00am - 8:00am		6:00am - 8:00am		Church Times	
8:00am - 10:00am	Gresham	8:00am - 10:00am		8:00am - 10:00am		8:00am - 10:00am		Church Times	
10:00am - Noon	Gresham	10:00am - Noon		10:00am - Noon	Winstead	10:00am - Noon		Church Times	
noon - 2:00pm	Carpenter	noon - 2:00pm	Craft	noon - 2:00pm	Slusher	noon - 2:00pm	Vizcaino		
2:00pm - 4:00pm	Rostas	2:00pm - 4:00pm	Donovan	2:00pm - 4:00pm	Chun	2:00pm - 4:00pm	Spivey		
4:00pm - 5:45pm	Forehand	4:00pm - 5:45pm	Jweston	4:00pm - 5:45pm	Calvert	4:00pm - 5:45pm	Green		

  

Court 1 West		Court 2 West		Court 3 West		Court 4 West		Court 5 West		Court 6 West	
6:00am - 8:00am		6:00am - 8:00am		6:00am - 8:00am		6:00am - 8:00am		6:00am - 8:00am		6:00am - 8:00am	
8:00am - 10:00am		8:00am - 10:00am		8:00am - 10:00am		8:00am - 10:00am		8:00am - 10:00am		8:00am - 10:00am	
10:00am - Noon		10:00am - Noon		10:00am - Noon		10:00am - Noon		10:00am - Noon		10:00am - Noon	
noon - 2:00pm	Cowles	noon - 2:00pm	Taylor	noon - 2:00pm	Michealson	noon - 2:00pm	Beardon	noon - 2:00pm	McCormack	noon - 2:00pm	Nelms
2:00pm - 4:00pm	Rossi	2:00pm - 4:00pm	Morris	2:00pm - 4:00pm	Wood	2:00pm - 4:00pm	Vetock	2:00pm - 4:00pm	Chilcoat	2:00pm - 4:00pm	Gaston
4:00pm - 5:45pm	Speers	4:00pm - 5:45pm		4:00pm - 5:45pm		4:00pm - 5:45pm		4:00pm - 5:45pm		4:00pm - 5:45pm	Armstrong

## Mondays

Court 1 East		Court 2 East		Court 3 East		Court 4 East		December 17 - March 24	
5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		December 17 - March 24	
4:00pm - 5:45pm	Hairston	4:00pm - 5:45pm	Cowan	4:00pm - 5:45pm	Aylward	4:00pm - 5:45pm	Evenson		
5:45pm - 7:30pm	Thompson	5:45pm - 7:30pm	Jweston	5:45pm - 7:30pm	Meacham	5:45pm - 7:30pm	McManus		
7:30pm - 9:15pm	Cowgill	7:30pm - 9:15pm	Bond	7:30pm - 9:15pm	Wassum	7:30pm - 9:15pm	McManus		

  

Court 1 West		Court 2 West		Court 3 West		Court 4 West		Court 5 West		Court 6 West	
5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am	
4:00pm - 5:45pm	Schavey	4:00pm - 5:45pm		4:00pm - 5:45pm		4:00pm - 5:45pm		4:00pm - 5:45pm	Pond	4:00pm - 5:45pm	Forehand

## Tuesdays

Court 1 East		Court 2 East		Court 3 East		Court 4 East		Court 5 West		Court 6 West	
5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am	
4:00pm - 5:45pm	Pond	4:00pm - 5:45pm	Fitzsimmons	4:00pm - 5:45pm	Clark	4:00pm - 5:45pm	Spivey	5:00am - 7:00am		4:00pm - 5:45pm	Green

  

Court 1 West		Court 2 West		Court 3 West		Court 4 West		Court 5 West		Court 6 West	
5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am	
4:00pm - 5:45pm	Speers	4:00pm - 5:45pm		4:00pm - 5:45pm		4:00pm - 5:45pm		4:00pm - 5:45pm	Carpenter	4:00pm - 5:45pm	Green

## Wednesdays

Court 1 East		Court 2 East		Court 3 East		Court 4 East		Court 5 West		Court 6 West	
5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am	
4:00pm - 5:45pm	Winstead	4:00pm - 5:45pm	Green	4:00pm - 5:45pm	Calvert	4:00pm - 5:45pm	Hairston	5:00am - 7:00am		4:00pm - 5:45pm	Forehand

  

Court 1 West		Court 2 West		Court 3 West		Court 4 West		Court 5 West		Court 6 West	
5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am	
4:00pm - 5:45pm	Armstorg	4:00pm - 5:45pm		4:00pm - 5:45pm		4:00pm - 5:45pm		4:00pm - 5:45pm	Slusher	4:00pm - 5:45pm	Forehand

## Thursdays

Court 1 East		Court 2 East		Court 3 East		Court 4 East		Court 5 West		Court 6 West	
5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am	
4:00pm - 5:45pm	Jweston	4:00pm - 5:45pm	Clark	4:00pm - 5:45pm	Fitzsimmons	4:00pm - 5:45pm	Pond	5:00am - 7:00am		4:00pm - 5:45pm	Chun

  

Court 1 West		Court 2 West		Court 3 West		Court 4 West		Court 5 West		Court 6 West	
5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am	
4:00pm - 5:45pm	Speers	4:00pm - 5:45pm		4:00pm - 5:45pm		4:00pm - 5:45pm		4:00pm - 5:45pm	Carpenter	4:00pm - 5:45pm	Chun

## Fridays

Court 1 East		Court 2 East		Court 3 East		Court 4 East		Court 5 West		Court 6 West	
5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am	
4:00pm - 5:45pm	Wassum	4:00pm - 5:45pm	Donovan	4:00pm - 5:45pm	Prior / Schwartz	4:00pm - 5:45pm	Spivey	5:00am - 7:00am		4:00pm - 5:45pm	Cowgill

  

Court 1 West		Court 2 West		Court 3 West		Court 4 West		Court 5 West		Court 6 West	
5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am		5:00am - 7:00am	
4:00pm - 5:45pm	Jenkins	4:00pm - 5:45pm		4:00pm - 5:45pm		4:00pm - 5:45pm		4:00pm - 5:45pm	Sweston	4:00pm - 5:45pm	Cowgill