

OVAC Heat Waves Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
Novice I		3:45-4:30 Coach Meg		3:45-4:30 Coach Meg	
Novice II		4:30-5:30 Coach Meg		4:30-5:30 Coach Meg	
Junior	4:00-5:00 Coach Meg		4:00-5:00 Coach Meg		4:00-5:00 Coach Laura
Junior Competition	3:45-5:15 Coach Wenke Coach Elin	3:45-5:15 Coach Wenke	3:45-5:15 Coach Elin	3:45-5:15 Coach Wenke	3:45-5:15 Coach Wenke Coach Brandon
Senior Competition	3:45-5:45 Coach Wenke Coach Elin	3:45-5:45 Coach Wenke	3:45-5:45 Coach Elin	3:45-5:45 Coach Wenke	3:45-5:45 Coach Wenke Coach Brandon