



Integrity Girls Team Schedule: Fall 2023

Aug 14, 2023 - May 31, 2024

Pre Team: Non-Competitive will do in house and Dayton non judged meets

Rec Team: Xcel Bronze and Silver (compete GCGC).

Group 1: Xcel Silver (compete USAG)

Group 2: Xcel Gold (compete USAG)

Group 3: Xcel Platinum (compete USAG)

	Monday	Tuesday	Wednesday	Thursday	Friday	Hours/wk
Pre Team	5:00-6:30		5:00-6:30			3
Rec Team			5:30 -7:30		5:30-7:30	4
Group 1 (2-day option)		4:30-8:00		4:30-8:00		7
Group 1 (3-day option)		4:30-8:00	4:30-7:30	4:30-8:00		10
Group 2/3 (3-day option)	4:30-8:00	4:30-8:00		4:30-8:00		10.5
Group 2/3 (4-day option)	4:30-8:00	4:30-8:00	4:30-7:30	4:30-8:00		13.5