

Practices for all teams will be:

- Monday August 23rd @ 5pm-6pm
- Wednesday August 25th @5pm-6pm
- Monday August 30th @ 5pm-6pm
- Wednesday September 1st @ 5pm-6pm
- Monday September 6th @ 5pm-6pm
- Wednesday September 8th @ 5pm-6pm
- Monday September 13th @ 5pm-6pm
- Wednesday September 15th @ 5pm-6pm
- Monday September 20th @ 5pm-6pm
- Wednesday September 22nd @ 5pm-6pm
- Monday September 27th @ 5pm-6pm
- Wednesday September 29th @ 5pm-6pm
- Monday October 4th @ 5pm-6pm
- Wednesday October 6th @ 5pm-6pm
- Monday October 11th @ 5pm-6pm
- Wednesday October 13th @ 5pm-6pm
- Monday October 18th @ 5pm-6pm
- Wednesday October 20th @ 5pm-6pm
- Monday October 25th @ 5pm-6pm
- Wednesday October 27th @ 5pm-6pm

Game days for ages 8-9/ 10–11-year old's:

- Thursday September 9th @ 5pm-7pm
- Thursday September 16th @ 5pm-7pm
- Thursday September 23rd @ 5pm- 7pm
- Thursday September 30th @ 5pm-7pm
- Thursday October 7th @ 5pm-7pm
- Thursday October 14th @ 5pm-7pm
- Thursdays October 21st @ 5pm-7pm
- Thursday October 28th @ 5pm-7pm

Game days for ages 12–14-year old's:

- Friday September 10th @ 5pm-6:30pm
- Friday September 17th @ 5pm-6:30pm
- Friday September 24th @ 5pm-6:30pm
- Friday October 1st @ 5pm-6:30pm
- Friday October 8th @ 5pm-6:30pm
- Friday October 15th @ 5pm-6:30pm
- Friday October 22nd @ 5pm-6:30pm
- Friday October 29th @ 5pm-6:30pm