

| Field | Day       | Section | Age Group | Practice Time | Team                                                                    | Practice Time | Team           | Practice Time | Team           | Practice Time | Team           | Practice Time | Team |
|-------|-----------|---------|-----------|---------------|-------------------------------------------------------------------------|---------------|----------------|---------------|----------------|---------------|----------------|---------------|------|
| 4     | MONDAY    | NORTH   | U13 - U19 | 5:00 - 6:00   |                                                                         | 6:00 - 7:30   | U14B - LC UNIT | 7:30 - 9:00   | U14B - LC UNIT | 8:00 - 9:00   |                | 9:00 - 10:00  |      |
| 4     | MONDAY    | SOUTH   | U13 - U19 | 5:00 - 6:00   |                                                                         | 6:00 - 7:30   | U12B - LC UNIT | 7:30 - 9:00   | U15G - LC UNIT | 8:30 - 10:00  |                | 9:00 - 10:00  |      |
| 1A    | MONDAY    | EAST    | U11 - U12 | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U11G - LC UNIT | 7:00 - 8:30   | U13B - LC UNIT | 8:30 - 10:00  |                | 9:00 - 10:00  |      |
| 1A    | MONDAY    | WEST    | U11 - U12 | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U12G - LCSA ST | 7:00 - 8:30   | U17G - LC UNIT | 8:30 - 10:00  | U17G - LCUNIT  | 9:00 - 10:00  |      |
| 3A    | MONDAY    | EAST    | U11 - U12 | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U11B - LCSA CC | 7:00 - 8:00   | U11G - LCSA FI |               |                |               |      |
| 3A    | MONDAY    | WEST    | U11 - U12 | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U11B - LCSA SC | 7:00 - 8:00   | U12B - LCSA HC |               |                |               |      |
| 1B    | MONDAY    | EAST    | U9 - U10  | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U9G - LCSA DY  | 7:00 - 8:30   | U12G - LC UNIT | 8:30 - 10:00  |                | 9:00 - 10:00  |      |
| 1B    | MONDAY    | WEST    | U9 - U10  | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U9G - LCSA BO  | 7:00 - 8:30   | U13G - LC UNIT | 8:30 - 10:00  |                | 9:00 - 10:00  |      |
| 3B    | MONDAY    | EAST    | U9 - U10  | 5:30 - 6:00   |                                                                         | 6:00 - 7:00   | U10G - LCSA CL | 7:00 - 8:00   | U10B - LCSA TI |               |                |               |      |
| 3B    | MONDAY    | WEST    | U9 - U10  | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U10B - LCSA AU | 7:00 - 8:00   | U14G - LCSA PA |               |                |               |      |
| FB1   | MONDAY    | EAST    | U7 - U8   | 5:00 - 6:00   | U5B - LCSA LIONS                                                        | 6:00 - 7:00   | U8B - LCSA AVE | 7:00 - 8:00   |                |               |                |               |      |
| FB1   | MONDAY    | WEST    | U7 - U8   | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U8G - LCSA PO  | 7:00 - 8:00   |                |               |                |               |      |
| FB3   | MONDAY    | NORTH   | U7 - U8   | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U7B - LCSA HAN | 7:00 - 8:00   |                |               |                |               |      |
| FB3   | MONDAY    | SOUTH   | U7 - U8   | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U8B - LCSA GR  | 7:00 - 8:00   |                |               |                |               |      |
| FB5   | MONDAY    | NORTH   | U7 - U8   | 5:30 - 6:30   |                                                                         | 6:00 - 7:00   | U7G - LCSA CO  | 7:00 - 8:30   |                |               |                |               |      |
| FB5   | MONDAY    | SOUTH   | U7 - U8   | 5:30 - 7:00   | LC United Development Sessions (U7 & U8   U9-U12) Brandon Martin & Mark |               |                | 7:00 - 8:00   |                |               |                |               |      |
| FB2   | MONDAY    | NORTH   | U5 - U6   | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U7G - LCSA UN  | 7:00 - 8:00   | U6B - LCSA BUL |               |                |               |      |
| FB2   | MONDAY    | SOUTH   | U5 - U6   | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U8B - LCSA SU  | 7:00 - 8:00   |                |               |                |               |      |
| FB4   | MONDAY    | NORTH   | U5 - U6   | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U7B - LCSA GR  | 7:00 - 8:00   |                |               |                |               |      |
| FB4   | MONDAY    | SOUTH   | U5 - U6   | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U5B - LCSA TIG | 7:00 - 8:00   |                |               |                |               |      |
| 4     | TUESDAY   | NORTH   | U13 - U19 | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   |                | 7:00 - 8:00   | U19B - LCSA LE | 8:00 - 9:00   | U14G - LCSA PA | 9:00 - 10:00  |      |
| 4     | TUESDAY   | SOUTH   | U13 - U19 | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   |                | 7:00 - 8:30   | U14B - LC UNIT | 8:30 - 9:30   |                | 9:00 - 10:00  |      |
| 1A    | TUESDAY   | EAST    | U11 - U12 | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U12B - LCSA WI | 7:00 - 8:30   |                | 8:30 - 9:30   |                | 9:00 - 10:00  |      |
| 1A    | TUESDAY   | WEST    | U11 - U12 | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U11B - LCUNIT  | 7:00 - 8:30   | U12B - LCUNIT  | 8:30 - 9:30   |                | 9:00 - 10:00  |      |
| 3A    | TUESDAY   | EAST    | U11 - U12 | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U12B - LCSA WI | 7:00 - 8:00   | U11G - LCSA GF |               |                |               |      |
| 3A    | TUESDAY   | WEST    | U11 - U12 | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   |                | 7:00 - 8:00   | U12B - LCSA RI |               |                |               |      |
| 1B    | TUESDAY   | EAST    | U9 - U10  | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U9B - LCSA SPA | 7:30 - 9:00   | U15G - LC UNIT | 8:00 - 9:00   |                | 9:00 - 10:00  |      |
| 1B    | TUESDAY   | WEST    | U9 - U10  | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U10G - LCSA RD | 7:00 - 8:00   |                | 8:00 - 9:00   |                | 9:00 - 10:00  |      |
| 3B    | TUESDAY   | EAST    | U9 - U10  | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   |                | 7:00 - 8:00   | U9B - LCSA DIN |               |                |               |      |
| 3B    | TUESDAY   | WEST    | U9 - U10  | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   |                | 7:00 - 8:00   |                |               |                |               |      |
| FB1   | TUESDAY   | EAST    | U7 - U8   | 5:00 - 6:00   | U8G - LCSA SHOOTING STARS                                               | 6:00 - 7:00   | U7G - LCSA STC | 7:00 - 8:00   |                |               |                |               |      |
| FB1   | TUESDAY   | WEST    | U7 - U8   | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U7B - LCSA SU  | 7:00 - 8:00   |                |               |                |               |      |
| FB3   | TUESDAY   | NORTH   | U7 - U8   | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U8G - LCSA CA  | 7:00 - 8:00   |                |               |                |               |      |
| FB3   | TUESDAY   | SOUTH   | U7 - U8   | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U8B - LCSA SC  | 7:00 - 8:00   |                |               |                |               |      |
| FB5   | TUESDAY   | NORTH   | U7 - U8   | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U8B - LCSA AVE | 7:00 - 8:30   |                |               |                |               |      |
| FB5   | TUESDAY   | SOUTH   | U7 - U8   | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U8B - LCSA RAT | 7:00 - 8:00   |                |               |                |               |      |
| FB2   | TUESDAY   | NORTH   | U5 - U6   | 5:00 - 6:00   | U6G - LCSA HONEY BEES                                                   | 6:00 - 7:00   | U6B - LCSA SHA | 7:00 - 8:00   |                |               |                |               |      |
| FB2   | TUESDAY   | SOUTH   | U5 - U6   | 5:00 - 6:00   | U6G - LCSA DAISIES                                                      | 6:00 - 7:00   | U6B - LCSA SU  | 7:00 - 8:00   |                |               |                |               |      |
| FB4   | TUESDAY   | NORTH   | U5 - U6   | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U6G - LCSA BU  | 7:00 - 8:00   |                |               |                |               |      |
| FB4   | TUESDAY   | SOUTH   | U5 - U6   | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   |                | 7:00 - 8:00   |                |               |                |               |      |
| 4     | WEDNESDAY | NORTH   | U13 - U19 | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   |                | 7:00 - 8:30   | U13G - LC UNIT | 8:30 - 9:30   |                | 9:00 - 10:00  |      |
| 4     | WEDNESDAY | SOUTH   | U13 - U19 | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U11G - LC UNIT | 7:00 - 8:30   | U13B LC UNIT   | 8:30 - 9:30   |                | 9:00 - 10:00  |      |
| 1A    | WEDNESDAY | EAST    | U11 - U12 | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U11B - LCSA SC | 7:00 - 8:30   | U12G - LC UNIT | 8:30 - 9:30   |                | 9:00 - 10:00  |      |
| 1A    | WEDNESDAY | WEST    | U11 - U12 | 5:00 - 6:00   |                                                                         | 6:00 - 7:30   | U12B - LC UNIT | 7:30 - 9:00   | U15G - LC UNIT | 9:00 - 10:00  |                | 9:00 - 10:00  |      |
| 3A    | WEDNESDAY | EAST    | U11 - U12 | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | LC UNITED KEE  | 7:00 - 8:00   | U12B - LCSA HC |               |                |               |      |
| 3A    | WEDNESDAY | WEST    | U11 - U12 | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U11G - FIRECRA | 7:00 - 8:00   | U19B - LCSA LE |               |                |               |      |
| 1B    | WEDNESDAY | EAST    | U9 - U10  | 5:00 - 6:00   |                                                                         | 6:00 - 7:30   | U14B - LC UNIT | 7:30 - 9:00   | U14B - LC UNIT | 8:30 - 9:30   |                | 9:00 - 10:00  |      |
| 1B    | WEDNESDAY | WEST    | U9 - U10  | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U9G - LCSA BO  | 7:00 - 8:00   | LC UNITED KEE  | 8:00 - 9:00   | LC UNITED KEE  | 9:00 - 10:00  |      |
| 3B    | WEDNESDAY | EAST    | U9 - U10  | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U9G - LCSA DY  | 7:00 - 8:00   | U10B - LCSA TI |               |                |               |      |
| 3B    | WEDNESDAY | WEST    | U9 - U10  | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U10B - LCSA AU | 7:00 - 8:00   | U10G - LCSA CL |               |                |               |      |
| FB1   | WEDNESDAY | NORTH   | U7 - U8   | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U7B - LCSA GR  | 7:00 - 8:00   |                |               |                |               |      |
| FB1   | WEDNESDAY | SOUTH   | U7 - U8   | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U8B - LCSA SU  | 7:00 - 8:00   |                |               |                |               |      |
| FB3   | WEDNESDAY | NORTH   | U7 - U8   | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U7B - LCSA HAN | 7:00 - 8:00   |                |               |                |               |      |
| FB3   | WEDNESDAY | SOUTH   | U7 - U8   | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U8G - LCSA PO  | 7:00 - 8:00   |                |               |                |               |      |
| FB5   | WEDNESDAY | NORTH   | U7 - U8   | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U7G - LCSA CO  | 7:00 - 8:30   |                |               |                |               |      |
| FB5   | WEDNESDAY | SOUTH   | U7 - U8   | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   |                | 7:00 - 8:00   |                |               |                |               |      |
| FB2   | WEDNESDAY | NORTH   | U5 - U6   | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   | U5B - LCSA TIG | 7:00 - 8:00   | U6B - LCSA BUL |               |                |               |      |
| FB2   | WEDNESDAY | SOUTH   | U5 - U6   | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   |                | 7:00 - 8:00   |                |               |                |               |      |
| FB4   | WEDNESDAY | NORTH   | U5 - U6   | 5:00 - 6:00   |                                                                         | 6:00 - 7:00   |                | 7:00 - 8:00   |                |               |                |               |      |

|     | FBI | WEDNESDAY | SOUTH | U5 - U6   | 5:00 - 6:00 |                           | 6:00 - 7:00 |                 | 7:00 - 8:00 |                      |              |                |              |                               |
|-----|-----|-----------|-------|-----------|-------------|---------------------------|-------------|-----------------|-------------|----------------------|--------------|----------------|--------------|-------------------------------|
| FB4 |     | THURSDAY  | NORTH | U13 - U19 | 5:00 - 6:00 |                           | 6:00 - 7:00 |                 | 7:00 - 8:30 | U15G - LC UNIT       | 8:30 - 10:00 |                | 9:00 - 10:00 |                               |
| 4   |     | THURSDAY  | SOUTH | U13 - U19 | 5:00 - 6:00 |                           | 6:00 - 7:00 |                 | 7:00 - 8:30 | U17G - LC UNIT       | 8:30 - 10:00 | U17G - LC UNIT | 9:00 - 10:00 |                               |
| 1A  |     | THURSDAY  | EAST  | U11 - U12 | 5:00 - 6:00 |                           | 6:00 - 7:00 | U12B - LCSA WK  | 7:00 - 8:30 |                      |              | U14B - LC UNIT | 8:30 - 9:30  | 9:00 - 10:00                  |
| 1A  |     | THURSDAY  | WEST  | U11 - U12 | 5:00 - 6:00 |                           | 6:00 - 7:00 | U12B - LCSA WK  | 7:00 - 8:00 |                      | 8:00 - 9:00  |                | 9:00 - 10:00 |                               |
| 3A  |     | THURSDAY  | EAST  | U11 - U12 | 5:00 - 6:00 |                           | 6:00 - 7:00 | U11B - LCSA CC  | 7:00 - 8:00 | U12G - LCSA ST       |              |                |              |                               |
| 3A  |     | THURSDAY  | WEST  | U11 - U12 | 5:00 - 6:00 |                           | 6:00 - 7:00 | U11G - LCSA GF  | 7:00 - 8:00 | U12B - LCSA RE       |              |                |              |                               |
| 1B  |     | THURSDAY  | EAST  | U9 - U10  | 5:00 - 6:00 |                           | 6:00 - 7:00 |                 | 7:00 - 8:00 | U9B - LCSA DINOSAURS |              |                | 9:00 - 10:00 |                               |
| 1B  |     | THURSDAY  | WEST  | U9 - U10  | 5:00 - 6:00 |                           | 6:00 - 7:00 | U11B - LCUNITE  | 7:00 - 8:30 | U12B - LCUNITE       | 8:30 - 9:30  |                | 9:00 - 10:00 |                               |
| 3B  |     | THURSDAY  | EAST  | U9 - U10  | 5:00 - 6:00 |                           | 6:00 - 7:00 |                 | 7:00 - 8:00 | U9B - LCSA SPA       | 7:00 - 8:00  |                |              |                               |
| 3B  |     | THURSDAY  | WEST  | U9 - U10  | 5:00 - 6:00 |                           | 6:00 - 7:00 | U10B - LCSA RC  | 7:00 - 8:00 |                      |              |                |              |                               |
| FB1 |     | THURSDAY  | NORTH | U7 - U8   | 5:00 - 6:00 | U8G - LCSA SHOOTING STARS | 6:00 - 7:00 | U7B - LCSA SURF | 7:00 - 8:00 |                      |              |                |              |                               |
| FB1 |     | THURSDAY  | SOUTH | U7 - U8   | 5:00 - 6:00 | U5B - LCSA LIONS          | 6:00 - 7:00 | U8B - LCSA SCF  | 7:00 - 8:00 |                      |              |                |              |                               |
| FB3 |     | THURSDAY  | NORTH | U7 - U8   | 5:00 - 6:00 |                           | 6:00 - 7:00 | U7B - LCSA RAF  | 7:00 - 8:00 |                      |              |                |              |                               |
| FB3 |     | THURSDAY  | SOUTH | U7 - U8   | 5:00 - 6:00 |                           | 6:00 - 7:00 | U8G - LCSA CAI  | 7:00 - 8:00 |                      |              |                |              |                               |
| FB5 |     | THURSDAY  | NORTH | U7 - U8   | 5:00 - 6:00 |                           | 6:00 - 7:00 | U7G - LCSA UN   | 7:00 - 8:30 |                      |              |                |              |                               |
| FB5 |     | THURSDAY  | SOUTH | U7 - U8   | 5:00 - 6:00 |                           | 6:00 - 7:00 | U7G - LCSA STO  | 7:00 - 8:00 |                      |              |                |              |                               |
| FB2 |     | THURSDAY  | NORTH | U5 - U6   | 5:00 - 6:00 | U6G - LCSA HONEY BEES     | 6:00 - 7:00 | U6B - LCSA SURF | 7:00 - 8:00 |                      |              |                |              |                               |
| FB2 |     | THURSDAY  | SOUTH | U5 - U6   | 5:00 - 6:00 | U6G - LCSA DAISIES        | 6:00 - 7:00 | U6B - LCSA SHA  | 7:00 - 8:00 |                      |              |                |              |                               |
| FB4 |     | THURSDAY  | NORTH | U5 - U6   | 5:00 - 6:00 | U6G - LCSA BUTTERFLIES    | 6:00 - 7:00 | U8B - LCSA GRV  | 7:00 - 8:00 |                      |              |                |              |                               |
| FB4 |     | THURSDAY  | SOUTH | U5 - U6   | 5:00 - 6:00 |                           | 6:00 - 7:00 | U8B - LCSA RAT  | 7:00 - 8:00 |                      |              |                |              |                               |
| 4   |     | FRIDAY    | NORTH | U13 - U19 | 5:00 - 6:00 |                           | 6:00 - 7:00 | LCU/LCSA DEVE   | 7:00 - 8:00 | LCU/LCSA DEVE        | 8:00 - 9:00  | LCU/LCSA DEVE  | 9:00 - 10:00 | LCU/LCSA DEVELOPMENT SESSIONS |
| 4   |     | FRIDAY    | SOUTH | U13 - U19 | 5:00 - 6:00 |                           | 6:00 - 7:00 | LCU/LCSA DEVE   | 7:00 - 8:00 | LCU/LCSA DEVE        | 8:00 - 9:00  | LCU/LCSA DEVE  | 9:00 - 10:00 | LCU/LCSA DEVELOPMENT SESSIONS |
| 1A  |     | FRIDAY    | EAST  | U11 - U12 | 5:00 - 6:00 |                           | 6:00 - 7:00 |                 | 7:00 - 8:00 |                      | 8:00 - 9:00  |                | 9:00 - 10:00 |                               |
| 1A  |     | FRIDAY    | WEST  | U11 - U12 | 5:00 - 6:00 |                           | 6:00 - 7:00 |                 | 7:00 - 8:00 |                      | 8:00 - 9:00  |                | 9:00 - 10:00 |                               |
| 3A  |     | FRIDAY    | EAST  | U11 - U12 | 5:00 - 6:00 |                           | 6:00 - 7:00 |                 | 7:00 - 8:00 |                      |              |                |              |                               |
| 3A  |     | FRIDAY    | WEST  | U11 - U12 | 5:00 - 6:00 |                           | 6:00 - 7:00 |                 | 7:00 - 8:00 |                      |              |                |              |                               |
| 1B  |     | FRIDAY    | EAST  | U9 - U10  | 5:00 - 6:00 |                           | 6:00 - 7:00 |                 | 7:00 - 8:00 |                      | 8:00 - 9:00  |                | 9:00 - 10:00 |                               |
| 1B  |     | FRIDAY    | WEST  | U9 - U10  | 5:00 - 6:00 |                           | 6:00 - 7:00 |                 | 7:00 - 8:00 |                      | 8:00 - 9:00  |                | 9:00 - 10:00 |                               |
| 3B  |     | FRIDAY    | EAST  | U9 - U10  | 5:00 - 6:00 |                           | 6:00 - 7:00 |                 | 7:00 - 8:00 |                      |              |                |              |                               |