

## 2022 Maine Lightning Winter Training Master Schedule

### Sunday Practice Times- Your team time is the same every Sunday

	Cages	Cages	Cages		Dome-Time	Dome 1	Dome 2	Dome 3
2:00-3:15	8U	8U	8U					
3:15-4:00	9U	10G	10B		4:00-4:45	9U	10G	10B
4:00-4:45	11G	11W	11B		4:45-5:30	11G	11W	11B
4:45-5:30	12E	12B	12G		5:30-6:15	12E	12B	12G
5:30-6:15	13G	13W	13B		6:15-7:00	13G	13W	13B
6:15-7:00	14B	14G	15G		7:00-7:45	14B	14G	15G
7:00-7:45	16Prem	15B	18U		7:45-8:30	16Prem	15B	18U
7:45-8:30	16Prime	16Prosp	15Elite		8:30-9:15	16Prime	16Prosp	15Elite
8:30-9:15	17Show	17Sel			9:15-10:00	17Show	17Sel	

Mid Week Practices			
<b>"Maine" Week</b>			
<b>Wednesdays</b>	<b>2 Cages</b>	<b>2 Cages</b>	<b>2 Cages</b>
5:00-6:00	10G	9U	8U
6:00-7:00	11U Gold	11U White	
<b>Thursdays</b>			
<b>2 Cages</b>	<b>2 Cages</b>		
7:00-8:00	13U Blue	12U Elite	
8:00-9:00	14U Blue	14U Gold	
<b>"Lightning" Week</b>			
<b>Wednesdays</b>	<b>2 Cages</b>	<b>2 Cages</b>	
5:00-6:00	10U Blue	11U Blue	
6:00-7:00	12U Blue	12U Gold	
<b>Thursdays</b>			
<b>2 Cages</b>	<b>2 Cages</b>		
7:00-8:00	13U Gold	13U White	
8:00-9:00	15U Gold	15U Blue	

<b>"Maine" Week</b>	
Wednesday	Thursday
Nov 10	Nov 11
Dec 1, 15	Dec 2, 16
Jan 12, 26	Jan 13, 27
Feb 9	Feb 10
Mar 2, 16, 30	Mar 3, 17, 31

<b>"Lightning" Week</b>	
Wednesday	Thursday
Nov 17	Nov 18
Dec 8	Dec 9
Jan 5, 19	Jan 6, 20
Feb 2, 23	Feb 3, 24
Mar 9, 23	Mar 10, 24
Apr 6	Apr 7

\* Each Team will have 1 long cage  
AND 1 Short cage