

2023 Maine Lightning Winter Training Master Schedule

Sunday Practice Times - Team times are the same every Sunday

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

Mid Week Practices		
"Maine" Week		
Tuesdays	2 Cages	2 Cages
7:00-8:00	11B	11G
Wednesdays	2 Cages	2 Cages
5:00-6:00	9B	9G
6:00-7:00	10B	10G
Thursdays	2 Cages	2 Cages
7:00-8:00	11W	13B
8:00-9:00	13E	14S
"Lightning" Week		
Tuesdays	2 Cages	2 Cages
7:00-8:00	12G	12W
Wednesdays	2 Cages	2 Cages
5:00-6:00	8U	9W
6:00-7:00	10W	12B
Thursdays	2 Cages	2 Cages
7:00-8:00	13G	13W
8:00-9:00	14B	14G

* Each Team will have 1 long & 1 Short cage

"Maine" Week		
Tuesday	Wednesday	Thursday
11/8	11/9	11/10
11/29	11/30	12/1
12/13	12/14	12/15
1/3	1/4	1/5
1/17	1/18	1/19
1/31	2/1	2/2
2/28	3/1	3/2
3/14	3/15	3/16
3/28	3/29	3/30

* Each Team will have 1 long & 1 Short cage

"Lightning" Week		
Tuesday	Wednesday	Thursday
11/15	11/16	11/17
12/6	12/7	12/8
12/20	12/21	12/22
1/10	1/11	1/12
1/24	1/25	1/26
2/7	2/8	2/9
3/7	3/8	3/9
3/21	3/22	3/23
4/4	4/5	4/6