

Season Schedule

1. Pre-Season

- Duration: November – January
- Practices: 2-3 times per week
- **Practice Schedule:**
 - Monday: 5:00 PM – 7:00 PM; 7:00 PM – 9:00 PM
 - Tuesday: 5:00 PM – 7:00 PM; 7:00 PM – 9:00 PM
 - Thursday: 5:00 PM – 7:00 PM; 7:00 PM – 9:00 PM
 - November 2024
 - Mondays: 4, 11, 18
 - Tuesdays: 5, 12, 19
 - Thursdays: 7, 14, 21
 - Holidays:
 - Thanksgiving Break: Nov 22-Dec 1
 - December 2024
 - Mondays: 2, 9, 16
 - Tuesdays: 3, 10, 17
 - Thursdays: 5, 12, 19
 - Holidays:
 - Winter Break: December 22-January 5
 - January 2025
 - Mondays: 6, 13, 27
 - Tuesdays: 7, 14, 21, 28
 - Thursdays: 9, 16, 23, 30
 - Holidays:
 - New Year's Day: Wednesday, January 1
 - Martin Luther King Jr. Day: Monday, January 20
- Focus:
 - Skill development
 - Conditioning and fitness
 - Team bonding and strategy
 - Partner Selection

2. Regular Season

- Duration: February-June
- Practices: 2 times per week
- **Practice Schedule:**
 - Monday: 5:00 PM – 7:00 PM; 7:00 PM – 9:00 PM
 - Thursday: 5:00 PM – 7:00 PM; 7:00 PM – 9:00 PM
 - February 2025
 - Mondays: 3, 10, 17, 24
 - Thursdays: 6, 13, 20, 27
 - Holidays:
 - None
 - March 2025
 - Mondays: 3, 10, 17, 24,
 - Thursdays: 6, 13, 20, 27
 - Holidays:
 - Spring Break March 31- April 4
 - April 2025
 - Mondays: 7, 14, 21, 28
 - Thursdays: 10, 17, 24
 - Holidays:
 - Easter Sunday: April 20
 - May 2025
 - Mondays: 5, 12, 19
 - Thursdays: 1, 8, 15, 22, 29
 - Holidays:
 - Memorial Day: May 26
 - June 2025
 - Mondays: 2, 9, 16, 23, 30
 - Thursdays: 5, 12, 19, 26
 - Holidays:
 - None
- Focus:
 - Refining Skills and techniques
 - Team play and drills
 - Gameplay Strategy
 - Partner Cohesion/Team Development
 - Competitive Play
 - Tournament Preparation