

Spring Practice Schedule 2025

Storm Gym

Times	Monday	Tuesday	Wednesday	Thursday	Friday
Court 1 & 2	3:30 – 5:00 Girls Soccer Ellaina Signorotto	3:15 – 5:15 Rugby Chris Labine	3:30 – 5:00 Girls Soccer Ellaina Signorotto	3:15 – 5:15 Rugby Chris Labine	
Court 1 & 2	5:15 – 7:15 Track & Field Rob Ochiena		5:15 – 7:15 Track & Field Rob Ochiena		

Storm Field (once the field is ready)

Team	Monday	Tuesday	Wednesday	Thursday	Friday
Track Field	5:15 – 7:15 Rob Ochiena		5:15 – 7:15 Rob Ochiena		
Girls Soccer	3:30 – 5:00 Ellaina Signorotto		3:30 – 5:00 Ellaina Signorotto		
Rugby 15s		3:15 – 5:15 Chris Labine		3:15 – 5:15 Chris Labine	
Mountain Biking					2:00 start time Jonas Haiduk
Golf		3:30 start time Michael Gruggen		3:30 start time Michael Gruggen	