

# NCPWC Summer Training Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Little Lions</b>		6:00-7:00					
<b>Elementary Folkstyle</b>	3:00-4:00		6:00-7:00		6:00-7:00		
<b>Middle/ High School Folkstyle</b>	4:00-5:30		7:00-8:30		7:00-8:30		
<b>Weight Training (MS/HS Only)</b>		TBA		TBA		TBA	

NCPWC rarely cancels or changes practice schedules; however, training is subject to adjustment based on completion schedule and coach's commitment to travel and national teams.