

NCPWC Spring Training Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Lions		6:00-7:00					
Elementary Folkstyle	3:00-4:00		6:00-7:00				
Middle/ High School Folkstyle	4:00-5:30		7:00-8:30				
Elementary Freestyle/ Greco		7:00-8:30		6:00-7:30	6:00-7:00		
Middle/High School Freestyle/Greco		7:00-8:30			7:00-8:30		

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.