

Midwest Penguin TENTATIVE Practice Matrix - Subject to Change 07.21.25

	Monday				Tuesday					Wednesday				Thursday				Friday						
					4:15-6:00pm	Dig	Dig	Dig	Dig	4:15-6:00pm	XX	XX	111	122	4:00-5:45pm	WI	WI	WI	WI	4:30-6:30pm	XX	XX	111	142
5:30-7:30pm	141	161	162	181	6:00-7:45pm	121	122	131	132	6:00-7:45pm	121	131	132	142	5:45-7:30pm	141	152	162	171					
					7:45-9:30pm	151	152	163	171	7:45-9:30pm	151	161	163	181										

Each team will practice two nights a week.

Third practices and speicalized position practices will be filled in on Sunday nights or Saturday mornings when available.