



WAG Competitive Schedule 2024-2025
Sept 2024 - June 2025

updated: 08.11.2024

GROUP / TRAINING HOURS PER WEEK	Gymnastics Hours	Ballet/ Movement Hours	Strength & Conditioning	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Team A Caitlin Kachmar	22	2	2	1:30 - 6:30pm includes B/M	1:30 - 5:30pm Grace, Whitney S&C grp1: 5:30-6:30PM	1:30 - 6:30pm Sprint grp1: 6:30-7:30pm (Maele, Rya 2:30-6:30pm)	1:30 - 6:00pm Grace, Whitney	1:30 - 6:30pm	x	x
Team B Sarah Chapman	18	2	2 (1hr Optional)	4:00 - 9:00pm includes B/M	12:00 - 4:30pm S&C Grp1: 4:30-5:30	x	Sprint Grp1: 12:00-1:00 pm 1:00 - 6:00pm Sprint Grp2: 6:00-7:00pm	x	x	8:00am - 1:30pm S&C grp2: 1:30-2:30pm
Team C Caitlin Kachmar / Abby Stacey	18	2	2	1:30 - 6:30pm includes B/M Sprint grp2: 6:30-7:30pm	S&C grp2: 3:00-4:00pm 4:00 - 9:00pm + Maele, Rya	S&C Grp 4. 5:00 -6:00 pm	S&C grp3: 3:00-4:00pm 4:00 - 9:00pm + Maele, Rya	1:30 - 6:30pm	x	x
Team D Sue Fleischhauer / Abby Stacey	18	1	1	S&C grp1: 3:00-4:00pm 4:00 - 8:00pm includes B/M	x	S&C grp2: 3:00-4:00pm 4:00 - 9:00pm	x	x	8:00am - 1:00pm	x
Team E Carrie Clarke	14	1	1 (Optional)	4:00 - 9:00pm includes B/M	x	x	4:00 - 9:00pm	x	x	S&C: 10:00-11:00am 11:00am - 4:00pm
Team F Sue Fleischhauer	12	1	0	x	4:00 - 8:00pm	12:00 - 4:00pm B/M(S&C): 4:00-5:00pm	x	4:30 - 8:30pm	x	x
Team G Sarah Chapman	12	1	1 (Optional)	x	x	4:00 - 9:00pm	B/M(S&C): 4:00-5:00pm 5:00 - 9:00pm	x	x	S&C Grp1: 12:00-1:00pm 1:00 - 4:00pm S&C Grp2: 4:00-5:00pm
Team H Jessica Cyr	8	1	0	x	4:30 - 7:30pm	4:30 - 7:30pm B/M(S&C): 7:30-8:30pm	x	x	x	12:00 - 3:00pm
Team J Zoey Benoit	8	1	0	x	x	x	4:00 - 8:00pm B/M(S&C): 8:00-9:00pm	x	x	12:00 - 4:00pm
Developmental Carrie Clarke	9	0	0	1:00 - 4:00pm	x	4:30 - 7:30pm	x	x	x	8:00 - 11:00am
Pre-Comp A Sarah Robertson	6	0	0	4:00 - 6:00pm	x	6:00 - 8:00pm	x	x	8:00 - 10:00am	x
Pre-Comp B Sarah Robertson	4	0	0	x	x	4:00 - 6:00pm	x	x	10:00 - 12:00am	x