

Practice times for the Girl's Winter State Program 2025-26 Season

In Woodbridge:

Juniors & Seniors	8:30am-10:30am
Sophomores	10:30am-12:30pm
Freshmen	12:30pm-2:30pm
7 th & 8 th graders	2:30-4:30pm

In Westport:

All grades	6:30pm-8:30pm
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In Newtown:

All grades	9:30am-11:30am
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Times subject to change

Times for Competition Days will be posted to website 10 days prior to each Competition Day