



# 2021 After School Training for Sport

## 2021 Offseason Training-

Our focus will be on short sprints, lifting, plyometrics, and building team chemistry.

Please bring the following: sweats, hoodie, shorts, t-shirt, tennis shoes.

We will be training outside on the track and in the Jr. High Weight room.

## January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
11 Training 3:30-4:45pm @Jr. High	12 Training 3:30-4:45pm @Jr. High	13	14 Training 3:30-4:45pm @Jr. High	15
18 NO SCHOOL	19 Training 3:30-4:45pm @Jr. High	20	21 Training 3:30-4:45pm @Jr. High	22
25 Training 3:30-4:45pm @Jr. High	26 Training 3:30-4:45pm @Jr. High	27	28 Training 3:30-4:45pm @Jr. High	29

## February 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Training 3:30-4:45pm @Jr. High	2 Training 3:30-4:45pm @Jr. High	3	4 Training 3:30-4:45pm @Jr. High	5
8 Training 3:30-4:45pm @Jr. High	9 Training 3:30-4:45pm @Jr. High	10	11 Training 3:30-4:45pm @Jr. High	12
15 NO SCHOOL	16 Training 3:30-4:45pm @Jr. High	17	18 Training 3:30-4:45pm @Jr. High	19