



22/23 After School Training for Sport

22/23 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 2023

Monday	Tuesday	Wednesday	Thursday	Friday
9	10 Training 3:30-4:30pm @Jr. High	11 Training 3:30-4:30pm @Jr. High	12	13
16 NO SCHOOL	17 Training 3:30-4:30pm @Jr. High	18 Training 3:30-4:30pm @Jr. High	19	20
23	24 Training 3:30-4:30pm @Jr. High	25 Training 3:30-4:30pm @Jr. High	26	27

February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	30 Training 3:30-4:30pm @Jr. High	1 Training 3:30-4:30pm @Jr. High	2	3
6	7 Training 3:30-4:30pm @Jr. High	8 Training 3:30-4:30pm @Jr. High	9	10
13	14 Training 3:30-4:30pm @Jr. High	15 Training 3:30-4:30pm @Jr. High	16	17 NO SCHOOL