



# Athletes Acceleration

## Spring 2021 Training Schedule

*March 22, 2021 - June 11, 2021*

### *High School*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM
4:00 PM	4:00 PM	4:00 PM	4:00 PM	4:00 PM
5:00 PM	5:00 PM	5:00 PM	5:00 PM	5:00 PM
6:00 PM	6:00 PM	6:00 PM	6:00 PM	

### *Middle School*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:30 PM	3:30 PM	3:30 PM	3:30 PM	3:30 PM
4:30 PM	4:30 PM	4:30 PM	4:30 PM	4:30 PM
5:30 PM	5:30 PM	5:30 PM	5:30 PM	

### *Youth (ages 7-10; ongoing monthly program)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5:15 PM		5:15 PM	