



Athletes Acceleration

Fall 2021 Training Schedule

September 7, 2021 - November 23, 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	