



Athletes Acceleration Spring 2022 Training Schedule

*March 21, 2022 - June 10, 2022 **

High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:30 PM
4:00 PM	4:00 PM	4:00 PM	4:00 PM	4:30 PM
5:00 PM	5:00 PM	5:00 PM	5:00 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	

Speed Camp March 28 - April 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 PM		6:00 PM		

Youth (ages 7-10) Ongoing Monthly Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:15 PM		4:15 PM		
5:15 PM		5:15 PM		