



# Athletes Acceleration

## Fall 2022 Training Schedule

*September 6, 2022 - November 22, 2022*

### *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
6:00 PM	5:00 PM	6:00 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	

### *Youth (ages 7-10)*

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