



ATHLETE PERFORMANCE

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8 AM				Private Girls Team Training 8 - 9 AM
9 AM	HS AP 9 - 10:15 AM	HS AP 9 - 10:15 AM	HS AP 9 - 10:15 AM	HS AP 9 - 10:15 AM
10 AM				
11 AM	Private Girls Team Training 10:15 - 11:15 AM		Private Girls Team Training 10:15 - 11:15 AM	
12 PM				
4 PM				
5 PM	HS AP 4 - 5:15 PM		HS AP 4 - 5:15 PM	
6 PM			Private Boys Team Training 5 - 6 PM	
7 PM		Private Team Lift 6 - 7 PM		
8 PM				Private Team Lift 7 - 8 PM