



# Athletes Acceleration

## Fall 2020 Training Schedule

*September 8, 2020 - November 24, 2020*

### *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	5:30 PM