

Class Key

Academy is in Bldg #2	7th Grade & Younger Developmental	7th Grade & Younger Advanced	8th Grade & Older	Team Training
Turf is in Bldg #7	Clinic - Additional \$\$\$ to participate	Track Meet	Personal Training	Group Training for all Members
Outside Fields is XC Training Grounds				

JAN 30th

JAN 31st

Feb 1st

Feb 2nd

Mon - Turf	Tue - Turf	Wed - Turf	Thu - Turf
4:00pm Academy - Open LJ,TJ,HJ	4:00pm Academy - Open LJ,TJ,HJ	4:00pm Academy - Open LJ,TJ	4:00pm Academy - Open LJ,TJ,HJ
5:00pm Academy - Track & Field Clinic - Sign up Required	4:30pm Turf - SB Soccer - Erin (Rental)	4:30pm Turf - SB Soccer - Steve D	5:30pm Turf - SB Soccer - Kailee Academy - Plyometrics - Brandi
5:30pm Turf - Girls LAX Clinic w/ Jenna - Sign up Required	5:00pm Academy - SB Soccer Beth - Joe, Brandi	5:00pm Academy - Track & Field Clinic - Sign up Required	Academy - Plyometrics - Brandi Academy - Plyometrics - Joe
6:00pm Academy - Core - Joe Academy - Core - Brandi Academy - Core - Joe	5:30pm Turf - SB Soccer - Kailee	5:30pm Turf - SB Soccer - Steve D	6:30pm Academy - Sound Beach Cosmos - Joe Outside in Fields - Endurance - Brian/John Turf - SB Soccer - Kailee
6:30pm Turf - SB Soccer - Nash	6:00pm Academy - Track & Field Clinic - Sign up Required	6:00pm Outside in Fields - Endurance - Brian/John	7:30pm Academy - SB Soccer - Joe Turf - SB Soccer - Kailee
7:00pm Outside in Fields - Endurance - Brian/John Academy - Boca Black Soccer - Joe	6:30pm Turf - SB Soccer - Kailee	6:30pm Turf - Three Village Lax - Joe	
7:30pm Turf - LI Heat GFP (1.5 Hrs)	7:00pm Academy - Agility - Brandi Academy - Agility - Joe Academy - Agility - Joe	7:30pm Turf - Hurricanes Softball - Joe	
	7:30pm Turf - SB Soccer - Kailee	8:30pm Turf - Hurricanes Softball - Joe	

Feb 3rd

Feb 4th

Feb 5th

Fri - Turf	Sat - Turf	Sun - Turf
4:00pm Academy - Open LJ,TJ,HJ	8:30am Turf - SBU Soccer - Marc	9:00am Turf - Smith/St. James BB
4:30pm Turf - SB Soccer - Steve D	10:00am Turf - Angel DaVilla	10:00am Turf - Smith/St. James BB
5:00pm Academy - Plyometrics - Brandi Academy - Plyometrics - Brandi Academy - Plyometrics - Brandi	11:00am Turf - Angel DaVilla	11:00am Turf - Smith/St. James BB
5:30pm Turf - SB Soccer - Katrina	12:00pm Turf - Desmond - Brandi	12:00pm Turf - O - Lower leg strength - Joe Turf - O - Lower leg strength - Joe
6:00pm Academy - Track & Field Clinic - Sign up Required		1:00pm Turf - Off Season LAX Training Grades 4-6
6:30pm Outside in Fields - Endurance - Brian/John Turf - SB Soccer - Nash (1.5 Hours)		
7:00pm Academy - SB Soccer Beth - Joe, Brandi		
8:00pm - 9:30pm Turf - SB Training - Lou		