

## Allstar Weekly Summer Training Schedule

<u>Day</u>	<u>Time</u>	<u>Team</u>	<u>Hours</u>
Monday	9:00-12:00	Elite 1-1	3
Monday	12:15-2:15	Elite 2-1	2
Tuesday	9:00a-12:00p	Elite 3-1	3
Tuesday	12:15p-2:15p	Elite 4-1	2
Tuesday	2:30p-4:30p	Elite 5-1	2
Wednesday	12:00p-2:00p	Elite 6-1	2
Wednesday	6:00p-8:00p	Elite 1-2	2
Thursday	12:00p-3:00p	Elite 4-2	3
Thursday	6:30p-8:30p	Elite 3-2	2
Friday	9:00a-12:00p	Elite 2-2	3
Friday	12:15p-3:15p	Elite 5-2	3
Friday	3:30p-6:30p	Elite 6-2	3

### ELITE 1

Mondays - 9:00-12:00  
Wednesdays - 6:00-8:00

### ELITE 2

Mondays - 12:15-2:15  
Fridays - 9:00-12:00

### ELITE 3

Tuesdays - 9:00-12:00  
Thursdays - 6:30-8:30

### ELITE 4

Tuesdays - 12:15-2:15  
Thursdays - 12:00-3:00

### ELITE 5

Tuesdays - 2:30-4:30  
Fridays - 12:15-3:15

### ELITE 6

Wednesdays - 12:00-2:00  
Fridays - 3:30-6:30

- Allstar Prep Weekly Summer Training Schedule -

<b><u>Day</u></b>	<b><u>Time</u></b>	<b><u>Team</u></b>	<b><u>Hours</u></b>
Monday	2:30-4:00	Prep 1.1	1.5
Tuesday	4:30-6:00	Prep 2.1	1.5
Wednesday	2:15-3:45	Prep 1.2	1.5
Thursday	3:15-4:45	Prep 2.2	1.5

**PREP 1**

Mondays - 2:30-4:00  
Wednesdays - 2:15-3:45

**PREP 2**

Tuesdays - 4:30-6:00  
Thursdays - 3:15-4:45