



## 2017-18 Indoor Training Schedule

Monday	Wednesday	Sunday
<b>October</b>		
30		
<b>November</b>		
	1	5
6	8	
13	15	19
20	22	
27	29	
<b>December</b>		
		3
	6	10
11	13	17
18	20	
<b>January</b>		
	3	7
8	10	14
15		21
22		
29	31	
<b>February</b>		
		4
5	7	
12	14	18
19		18
26	28	
<b>March</b>		
		4
5		

- Training for ages 12+ from 6:00pm to 7:00pm on Monday's & Wednesday's
- Intro to Track & Field (age 7-11) from 6:00pm to 7:00pm Monday's & Wednesday's
- Sunday from 12:00pm to 1:30pm for athletes aged 12+
- If date is not listed, the facility is not available so no practice