# 2017 PreSeason Training Calendar (7/1-9/30) Updated 9/4

| Monday 4 @ TLRC | | |
|---|---|---|
| Time | Skill | Activity |
| 9 a | ALL | IWO |
| 10 a | ALL | IWO |
| 11 a | Beg | FC |
| 11 a | Adv | HS SMGWO |
| Noon | Adv | GC SH |
| | | |

| Tuesday 5 @ TLRC | | |
|---|---|---|
| Time | Skill | Activity |
| 4:30 p | Int | TT (6/7/8) |
| 6 p | Beg | TT (3/4/5) |
| 6 p | ALL | IWO |
| 7 p | Adv | TT (HS) |
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| Wednesday 6 @ TLRC | | |
|---|---|---|
| Time | Skill | Activity |
| 5 p | ALL | IWO |
| 5 p | Beg | FC |
| 6 p | Adv | GC BH |
| 6 p | ALL | IWO |
| 7 p | Adv | TT (HS) |
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| Thursday 7 @ TLRC | | |
|---|---|---|
| Time | Skill | Activity |
| 4:45 p | Int | SMGWO |
| 4:45 p | Int | GC SH |
| **Thursday 7 @ BHSN** | | |
| Time | Skill | Activity |
| 6 p | ALL | IWO |
| 6 p | Adv | GC SH |
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| Friday 8 @ TLRC | | |
|---|---|---|
| Time | Skill | Activity |
| 3:45 p | Adv | SMGWO |
| 4:45 p | Int | GC BH |
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| Saturday 9 @ TLRC | | |
|---|---|---|
| Time | Skill | Activity |
| 9 a | Int | TT (6/7/8) |
| 9:30 a | Beg | TT (3/4/5) |
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| Sunday 10 | | |
|---|---|---|
| Time | Skill | Activity |
| 1 p | All | GC BH |
| 1:45 p | All | GC SH |
| 4 p | All | GC BH |
| 4:45 p | All | GC SH |
| 7 p | All | GC BH |
| 7:45 P | All | GC SH |

| Monday 11 @ BHSN | | |
|---|---|---|
| Time | Skill | Activity |
| 7:15 p | Int | GC SH |
| 7:15 p | Adv | GC SH |
| 7:15 p | ALL | IWO |
| 8:15 p | Beg | FC |
| 8:15 p | Adv | HS SMGWO |
| 8:15 p | ALL | IWO |

| Tuesday 12 @ BHSN | | |
|---|---|---|
| Time | Skill | Activity |
| 7:15 p | Beg | FC |
| 7:15 p | ALL | IWO |
| 7:15 p | Adv | TT (HS) |
| 8 p | ALL | IWO |
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| Wednesday 13 @ BHSN | | |
|---|---|---|
| Time | Skill | Activity |
| 7:15 p | Int | TT (6/7/8) |
| 7:15 p | Beg | TT (3/4/5) |
| 7:15 p | ALL | IWO |
| 8:15 p | ALL | IWO |
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| Thursday 14 @ TLRC | | |
|---|---|---|
| Time | Skill | Activity |
| 4:45 p | Int | SMGWO |
| 4:45 p | Beg | FC |
| **Thursday 14 @ BHSN** | | |
| Time | Skill | Activity |
| 6 p | ALL | IWO |
| 6 p | Adv | GC SH |
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| Friday 15 @ TLRC | | |
|---|---|---|
| Time | Skill | Activity |
| OFF | | |
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| Saturday 16 @ TLRC | | |
|---|---|---|
| Time | Skill | Activity |
| OFF | | |
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| Sunday 17 | | |
|---|---|---|
| Time | Skill | Activity |
| 1 p | All | GC BH |
| 1:45 p | All | GC SH |
| 4 p | All | GC BH |
| 4:45 p | All | GC SH |
| 7 p | All | GC BH |
| 7:45 P | All | GC SH |

| Monday 18 @ BHSN | | |
|---|---|---|
| Time | Skill | Activity |
| 5 p | Int | GC SH |
| 5 p | Adv | GC SH |
| 5 p | ALL | IWO |
| 6 p | Beg | FC |
| 6 p | Adv | HS SMGWO |
| 6 p | ALL | IWO |
| 7 p | ALL | IWO |
| 7 p | ALL | 5th Quarter Stretch |

| Tuesday 19 @ TLRC | | |
|---|---|---|
| Time | Skill | Activity |
| 4:15 p | ALL | IWO |
| 5:15 p | ALL | IWO |
| 5:15 p | ALL | IWO |
| **Tuesday 19 @ BHSN** | | |
| Time | Skill | Activity |
| 7:15 p | B/I | Pre3-3 |
| 7:15 p | Adv | TT (HS) |
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| Wednesday 20 @ TLRC | | |
|---|---|---|
| Time | Skill | Activity |
| 3:45 p | Adv | GC BH |
| 4:30 p | Int | TT (6/7/8) |
| 5 p | Beg | TT (3/4/5) |
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| Thursday 21 @ BHSN | | |
|---|---|---|
| Time | Skill | Activity |
| 5 p | ALL | IWO |
| 5 p | Int | SMGWO |
| 5 p | B/I | Pre3-3 |
| 6 p | Adv | GC BH |
| 6 p | Int | GC BH |
| 6 p | ALL | IWO |
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| Friday 22 @ TLRC | | |
|---|---|---|
| Time | Skill | Activity |
| 3:45 p | Adv | GC SH |
| 4:45 p | ALL | IWO |
| 4:45 p | Int | GC SH |
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| Saturday 23 @ TLRC | | |
|---|---|---|
| Time | Skill | Activity |
| 9 a | Int | TT (6/7/8) |
| 9:30 a | Beg | TT (3/4/5) |
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| Sunday 24 | | |
|---|---|---|
| Time | Skill | Activity |
| 1 p | All | GC BH |
| 1:45 p | All | GC SH |
| 4 p | All | GC BH |
| 4:45 p | All | GC SH |
| 7 p | All | GC BH |
| 7:45 P | All | GC SH |
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| Monday 25 @ BHSN | | |
|---|---|---|
| Time | Skill | Activity |
| 6 p | Int | GC SH |
| 6 p | Adv | GC SH |
| 6 p | ALL | IWO |
| 7 p | Beg | FC |
| 7 p | Adv | HS SMGWO |
| 7 p | ALL | IWO |
| 8 p | ALL | IWO |
| 8 p | ALL | 5th Quarter Stretch |

| Tuesday 26 @ TLRC | | |
|---|---|---|
| Time | Skill | Activity |
| 4:15 p | ALL | IWO |
| 5:15 p | ALL | IWO |
| 5:15 p | ALL | IWO |
| **Tuesday 26 @ BHSN** | | |
| Time | Skill | Activity |
| 7:15 p | B/I | Pre3-3 |
| 7:15 p | Adv | TT (HS) |
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| Wednesday 27 @ BHSN | | |
|---|---|---|
| Time | Skill | Activity |
| 7:15 p | Int | TT (6/7/8) |
| 7:15 p | Beg | TT (3/4/5) |
| 7:15 p | ALL | IWO |
| 8:15 p | ALL | IWO |
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| Thursday 28 @ BHSN | | |
|---|---|---|
| Time | Skill | Activity |
| 5 p | ALL | IWO |
| 5 p | Int | SMGWO |
| 5 p | B/I | Pre3-3 |
| 6 p | Adv | GC BH |
| 6 p | Int | GC BH |
| 6 p | ALL | IWO |
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| Friday 29 @ TLRC | | |
|---|---|---|
| Time | Skill | Activity |
| 3:45 p | Adv | SMGWO |
| 4:45 p | Int | GC SH |
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| Saturday 30 @ TLRC | | |
|---|---|---|
| Time | Skill | Activity |
| 9 a | Int | TT (6/7/8) |
| 9:30 a | Beg | TT (3/4/5) |
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| Sunday 1 | | |
|---|---|---|
| Time | Skill | Activity |
| 1 p | All | GC BH |
| 1:45 p | All | GC SH |
| 4 p | All | GC BH |
| 4:45 p | All | GC SH |
| 7 p | All | GC BH |
| 7:45 P | All | GC SH |
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