

August Pre-Season Camp

August 28-31, 2023

Monday	Tuesday	Wednesday	Thursday
Comp. 2:45-3:45pm	Comp. 2:45-3:45pm	Comp. 2:45-3:45pm	Comp. 2:45-3:45pm
Spins. 3:45-4:00pm	Spins. 3:45-4:00pm	Spins. 3:45-4:00pm	Spins. 3:45-4:00pm
Flood 4:00pm	Flood 4:00pm	Flood 4:00pm	Flood 4:00pm
Comp/Int/Sr. 4:15-5:00pm	Comp/Int/Sr/JR. 4:15-5:00pm	Comp/Int/Sr. 4:15-5:00pm	Comp/Int/Sr/JR. 4:15-5:00pm
D/SS/Programming 5:00-5:30pm	D/SS/Programming 5:00-5:30pm	D/SS/Programming 5:00-5:30pm	D/SS/Programming 5:00-5:30pm
END 5:30pm	END 5:30pm	Flood 5:30pm	END 5:30pm
		MANDATORY PA Training 5:45-6:45pm	
		END 6:45pm	