MARCH - APRIL 2021

ation to the AM practice ons. IF an athlete has wind should not lift twice 5th - April 3rd will no he Texas Training Tri ne 27th.	weights class, they e in one day. ot count towards the	"season" shouldn't me scratch. We hope to r in shape going into M	ean starting from nake sure that you are larch 25th so that	5 ALL: 5:45-7:05am SE DIVISIONAL	6 GP: 12-2pm @ FCMS
ons. IF an athlete has wind should not lift twice 5th - April 3rd will not he Texas Training Trine 27th.	weights class, they e in one day. ot count towards the	"season" shouldn't me scratch. We hope to r in shape going into M	ean starting from nake sure that you are larch 25th so that		GP: 12-2pm @ FCMS
		I	Our Goal is rather simple: Starting a new "season" shouldn't mean starting from scratch. We hope to make sure that you are in shape going into March 25th so that you're not "Restarting" on April 5th!		SE DIVISIONAL CHAMPS
	9	10	11	12	13
SR : 3:15-5:30pm	WTS : 5:45am-7:05am SR : 3:15-5:30pm	SR : 3:15-5:30pm	WTS : 5:45am-7:05am SR : 3:15-5:30pm	SENIOR STATE	SENIOR STATE
	*SRS athletes should NOT attend AM practice		*SRS athletes should NOT attend AM practice	*AGS athletes will be practicing w/ AG	*AGS athletes will be practicing w/ AG
15	16	17	18	19	20
SR : 3:15-5:30pm	WTS : 5:45am-7:05am SR : 3:15-5:30pm	ALL : 3:15-5:30pm	WTS : 5:45am-7:05am SR : 3:15-5:30pm	SR: 5:45-7:05am NO PM PRACTICE	SR: 7-10am
	*AGS athletes should NOT attend AM practice		*AGS athletes should NOT attend AM practice	AG STATE	AG STATE
22	23	24	25	26	27
R : 3:15-5:30pm	WTS: 5:45am-7:05am SR: 3:15-5:30pm *SECT athletes should NOT attend AM practice	ALL : 3:15-5:30pm	SPEEDO SECTIONALS	SPEEDO SECTIONALS	SPEEDO SECTIONALS
29	30	31	1	2	3
NO DD ACTICE				SR: 8-10am Optional	SR: 8-10am Optional
	22 : 3:15-5:30pm	### WTS: 5:45am-7:05am	### ALL: 3:15-5:30pm **AGS athletes should NOT attend AM practice	R: 3:15-5:30pm WTS: 5:45am-7:05am SR: 3:15-5:30pm ALL: 3:15-5:30pm WTS: 5:45am-7:05am SR: 3:15-5:30pm *AGS athletes should NOT attend AM practice *AGS athletes should NOT attend AM practice *AGS athletes should NOT attend AM practice **S: 3:15-5:30pm WTS: 5:45am-7:05am SR: 3:15-5:30pm *SPEEDO SECTIONALS *SECT athletes should NOT attend AM practice *SPEEDO SECTIONALS *SECT athletes should NOT attend AM practice *SR: 8-10am *SR: 8-10am *SR: 8-10am	ALL: 3:15-5:30pm WTS: 5:45am-7:05am SR: 3:15-5:30pm RACTICE *AGS athletes should NOT attend AM practice *AGS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	6	1	8	9	10
	SR : 3:15-5:30pm	WTS : 5:45am-7:05am SR : 3:15-5:30pm	SR : 3:15-5:30pm	WTS : 5:45am-7:05am SR : 3:15-5:30pm	SR: 5:45-7:05am NO PM PRACTICE	SR: 7-10am
11	12	13	14	15	16	17
	SR : 3:15-5:30pm	WTS : 5:45am-7:05am SR : 3:15-5:30pm	SR : 3:15-5:30pm	WTS : 5:45am-7:05am SR : 3:15-5:30pm	SR: 5:45-7:05am NO PM PRACTICE	SR: 7-10am
18	19	20	21	22	23	24
	SR : 3:15-5:30pm	WTS : 5:45am-7:05am SR : 3:15-5:30pm	SR : 3:15-5:30pm	WTS : 5:45am-7:05am SR : 3:15-5:30pm	SR: 5:45-7:05am NO PM PRACTICE	SR: 7-10am
25	26	21	28	29	30	MAY 1
	SR : 3:15-5:30pm	WTS : 5:45am-7:05am SR : 3:15-5:30pm	SR : 3:15-5:30pm	WTS : 5:45am-7:05am SR : 3:15-5:30pm	EARLY SUMMER SLAM APRIL 30 - MAY 2	EARLY SUMMER SLAM APRIL 30 - MAY 2