

<b>Week/Dates</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>OFFS-1 Oct 14-20</b>	STR WKT 1/ STK WKT 1	Cond WKT 1	STR WKT 2/ STK WKT 2	Cond WKT 2	EASY 1.5 Mile Run/ STK WKT 3	PLYO WKT 1	Rest
<b>OFFS-2 Oct 21-27</b>	STR WKT 3/ STK WKT 1	Cond WKT 3	STR WKT 4/ STK WKT 2	Cond WKT 4	EASY 2 Mile Run/ STK WKT 3	PLYO WKT 2	Rest
<b>OFFS-3 Oct 28- Nov 3</b>	STR WKT 5/ STK WKT 1	Cond WKT 5	STR WKT 6/ STK WKT 2	Cond WKT 6	EASY 1.5 Mile Run/ STK WKT 3	PLYO WKT 3	Rest
<b>OFFS-4 Nov 4-10</b>	STR WKT 1/ STK WKT 1	Cond WKT 1	STR WKT 2/ STK WKT 2	Cond WKT 2	EASY 2 Mile Run/ STK WKT 3	PLYO WKT 1	Rest
<b>OFFS-5 Nov 11-17</b>	STR WKT 3/ STK WKT 1	Cond WKT 3	STR WKT 4/ STK WKT 2	Cond WKT 4	EASY 1.5 Mile Run/ STK WKT 3	PLYO WKT 2	Rest
<b>OFFS-6 Nov 18-24</b>	STR WKT 5/ STK WKT 1	Cond WKT 5	STR WKT 6/ STK WKT 2	Cond WKT 6	EASY 2 Mile Run/ STK WKT 3	PLYO WKT 3	Rest
<b>OFFS-7 Nov 25- Dec 1</b>	STR WKT 1/ STK WKT 1	Cond WKT 1	STR WKT 2/ STK WKT 2	Cond WKT 2	EASY 2.5 Mile Run/ STK WKT 3	PLYO WKT 1	Rest
<b>OFFS-8 Dec 2-8</b>	STR WKT 3/ STK WKT 1	Cond WKT 3	STR WKT 4/ STK WKT 2	Cond WKT 4	EASY 3 Mile Run/ STK WKT 3	PLYO WKT 2	Rest
<b>OFFS-9 Dec 9-15</b>	STR WKT 5/ STK WKT 1	Cond WKT 5	STR WKT 6/ STK WKT 2	Cond WKT 6	EASY 2.5 Mile Run/ STK WKT 3	PLYO WKT 3	Rest
<b>OFFS-10 Dec 16-22</b>	STR WKT 1/ STK WKT 1	Cond WKT 1	STR WKT 2/ STK WKT 2	Cond WKT 2	EASY 3Mile Run/ STK WKT 3	PLYO WKT 1	Rest
Holiday Dec 23-29	Holiday	Holiday	Holiday	Holiday	Holiday	Holiday	Holiday
<b>Transition-1/Dec 30-Jan 5</b>	STR WKT 1/STK WKT 1	PLYO WKT 1	STR WKT 2/STK WKT 2	PLYO WKT 2	EASY 3.5 Mile Run/STK WKT 3	Shoot-Around	Rest
<b>Transition-2/Jan 6-12</b>	STR WKT 4/STK WKT 1	PLYO WKT 1	STR WKT 5/STK WKT 2	PLYO WKT 2	EASY 4 Mile Run/ STK WKT 3	Shoot-Around	Rest
<b>PRES-1/ Jan 13-19</b>	WIT Week	WIT Week	WIT Week	WIT Week	WIT Week	Shoot-Around	Rest
<b>PRES-2/ Jan 20-26</b>	WIT Week	WIT Week	WIT Week	WIT Week	WIT Week	Shoot-Around	Rest
<b>PRES-3/ Jan 27-Feb 2</b>	WIT Week	WIT Week	WIT Week	WIT Week	WIT Week	Shoot-Around	Rest
<b>PRES-4/ Feb 3-9</b>	WIT Week	WIT Week	WIT Week	WIT Week	WIT Week	Shoot-Around	Rest
<b>INS-1/ Feb 10-16</b>	TRY-OUTS	TRY-OUTS	TRY-OUTS	TRY-OUTS	TRY-OUTS	Shoot-Around	Rest
<b>INS-2/ Feb 17-23</b>	Practice 645-845	GAME	Practice 645-845	Practice 645-845	GAME	Shoot-Around	Rest

<u>INS-3/ Feb 24- March 2</u>	Practice 645-845	GAME	Practice 645-845	Practice 645-845	GAME	Shoot-Around	Rest
<u>INS-4/ March 3-9</u>	Practice 645-845	GAME	Practice 645-845	Practice 645-845	GAME	Shoot-Around	Rest
<u>INS-5/ March 10-16</u>	Practice 645-845	GAME	Practice 645-845	Practice 645-845	GAME	Shoot-Around	Rest
<u>INS-6/ March17-23</u>	Practice 645-845	GAME	Practice 645-845	Practice 645-845	GAME	Shoot-Around	Rest
<u>INS-7/ March 24-30</u>	Practice 645-845	GAME	Practice 645-845	Practice 645-845	GAME	Shoot-Around	Rest
<u>INS-8/ March 31-April 6</u>	Practice 645-845	GAME	Practice 645-845	Practice 645-845	GAME	Shoot-Around	Rest
<u>INS-9/ April 7-13</u>	Practice 645-845	GAME	Practice 645-845	Practice 645-845	GAME	Shoot-Around	Rest
<u>INS-10/ April 14-20</u>	Practice 645-845	GAME	Practice 645-845	Practice 645-845	GAME	Shoot-Around	Rest
<u>INS-11/ April 21-27</u>	Practice 645-845	GAME	Practice 645-845	Practice 645-845	GAME	Shoot-Around	Rest