



2014 FALL TRAINING SESSION

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
5:00	Speed Agility Training	5:15 b/g Beginners 2-4 gr. Speed Agility Training	Speed Agility Training	5:15 b/g Beginners 2-4 gr. Speed Agility Training		morning league games n tourneys	
6:00	b-3/4 gr b-5 gr Speed Agility Training	g-3/4/5gr g-6/7gr Speed Agility Training	b-3/4 gr b-5 gr Speed Agility Training	g-3/4/5gr g-6/7gr Speed Agility Training	Coach Justin shooting clinic		players 4-6 gr clinic w/ high school coaches
7:00	b-6/7 gr	g-8/9/10gr BIG SKILLS	b-6/7 gr	g-8/9/10gr BIG SKILLS	OPEN GYM	OPEN GYM	
8:00	b-8/9/10 gr		b-8/9/10 gr				

-**NEW** - We will add specific classes with specific players as we finalize our registration. For instance we will start putting together selected players based on skill/grade to train during the week.

- Once we put together our WST teams we will reschedule those teams to specific times so they can train and practice together. Won't happen till late October, early November.
- WST means West St. Tammany League Travel Teams
- Open gym will vary a little. Saturday Open gym will be geared more to "Parents Night Out." We will offer games, food, drink etc from 6:30-11:00. Fee TBD. Friday will regular free play for 5.00
- Our coaches will again personally train players on Friday, Saturday and Sunday.
- **-New-** Tuesday and Thursday we will Select players to Participate in Big (Post) player training. Teaching big kids to **ACT / PLAY BIG like they are suppose to.**

