

Typical Weekly Practice Schedule

Mid April through Mid May

Bantam & Younger 1 x week (Tuesday or Thursday)

Practice Length - 30 - 45 min

Midget & Older 2 x week (Monday & Thursday)

Practice Length - 60 min

Mid May through State Meets

Bantam & Younger 2 x week (Monday & Thursday)

Practice Length - 45 min

Midget & Older 3-4 x week (Monday, Tuesday, Thursday, Friday)

Practice Length - 60 - 90 min

Typical Practice

Bantam & Younger

Active Warm-up
Skill Event (Long Jump, High Jump, Throw)
Speed & Power Training
Work Capacity Training

Midget & Older

Active Warm-up
Skill Event or Speed Training
Power Training
Work Capacity Training