

ELITE SPORTS ACADEMY

Weekly Summer Schedule

WEEK OF: _____
COACH: _____

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:00 AM	Check-inMAIN GATE	Check-inMAIN GATE	Check-inMAIN GATE	Check-inMAIN GATE	Check-inMAIN GATE
09:30 AM	Soccer DrillsFIELD A	Basketball SkillsGYM 1	Tennis VolleysCOURTS	Soccer DrillsFIELD A	Aerobic CircuitFIELD C
11:00 AM	Rest & Hydration Break				
11:30 AM	Team ScrimmageFIELD A	Free ThrowsGYM 1	Match PlayCOURTS	Team ScrimmageFIELD A	Tennis SinglesCOURTS
01:00 PM	LUNCH BREAK				
02:00 PM	SwimmingPOOL	Yoga/RecoverySTUDIO B	SwimmingPOOL	Flag FootballFIELD B	Aerobic CircuitFIELD C

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
04:00 PM	Pick-upMAIN GATE	Pick-upMAIN GATE	Pick-upMAIN GATE	Pick-upMAIN GATE