



Anticipated Scheduling

Intro (5 min) 9	Warm Up: Group Calisthenics (10 min)	Session 1 (45 min) 9:15AM	Session 2 (45 min) 10:05AM	Session 3 (45 min) 10:55AM	Wrap Up (5 min) 11:40AM
All	All	U5 Games (30 Min) Snack/Dev (15 Min)	U5 Training & fun	N/A	N/A
All	All	U8 Games	U8 Devotion	U8 Training	All
All	All	U11 Training	U11 Games	U11 Devotion	All
All	All	U14 Training	U14 Devotion	U14 Games	All