2023-2024 Fall & Winter Senior Road Map

The approach to what you do results in what you achieve.

	18-Sep	25-Sep	2-Oct	9-Oct	16-Oct	23-Oct	30-Oct	6-Nov	13-Nov	20-Nov	27-Nov	4-Dec	11-Dec	18-Dec	25-Dec	1-Jan	8-Jan	15-Jan	22-Jan	29-Jan	5-Feb	12-Feb	19-Feb	26-Feb	4-Mar	11-Mar	18-Mar	25-Mar	1-Apr
Monday															No Pract	No Pract													
Tuesday																													Y-NATS
Wednesday												JR NATS																	Y-NATS
Thursday												JR NATS																	Y-NATS
Friday				OZ					HPAC	No Pract	Y-FINAL	JR NATS						LCB		A+		Regionals	Senior	11-14		Y-STATE			Y-NATS
Saturday				OZ					HPAC	No Pract	Y-FINAL	JRN/SAS					SEA	LCB		A+		Regionals	Senior	11-14	Y-SECT	Y-STATE			Y-NATS
Sunday				OZ			SEA	SY/CON	HPAC		Y-FINAL	SAS/CON					SEA	LCB/CON		A+		Regionals	Senior	11-14	Y-SECT	Y-STATE			
Mon Drill		fr	ba	br	bf	vt	bf	fr	br	ba	bf	fr	br	ba			fr	br	ba	bf	fr	br	ms	ms	ms	ms	ms	ms	
Tue Drill		fr	ba	br	bf	vt	ba	bf	fr	br	ba	bf	fr	br	ba	vt	bf	fr	br	ba	bf	fr	ms	ms	ms	ms	ms	ms	
Wed Drill		fr	ba	br	bf	vt	br	ba	bf	fr	br	ba	bf	fr	br	vt	ba	bf	fr	br	ba	bf	ms	ms	ms	ms	ms	ms	
Thur Drill		fr	ba	br	bf	vt	fr	br	ba		fr	br	ba	bf	fr	vt	br	ba	bf	fr	br	ba	ms	ms	ms	ms	ms	ms	
Fri Drill		fr	ba	br	bf											vt													
Sat Drill		fr	ba	br	bf																								
Video Tape						x										x													
Dryland	wf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mfw	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	
LTS		Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	
T30							x										x					x							
20x50 FR							Tuesday				Tuesday				Tuesday					Tuesday				Tuesday					
20x50 ST								Tuesday				Tuesday					Tuesday				Tuesday				Tuesday				
9x200 FR									Tuesday				Tuesday					Tuesday				Tuesday				Tuesday			
9x200 IM										Tuesday				Tuesday					Tuesday				Tuesday				Tuesday		
Anerobic Threshold							3x100		3x200		3x300		3x400		3x500		3x600		3x700		3x800								