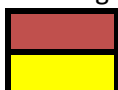


FORCE School Team Tryout Prep Program (TOP) - Revised Schedule - June 1

Month	Day		Group	Activity	Time	Location
June	14	Tue	7	Boot Camp	12p-2p	PSA2
			89	Boot Camp	2:30-4:30p	PSA2
	16	Thu	7	Boot Camp	12p-2p	PSA2
			89	Boot Camp	2:30-4:30p	PSA2
	21	Tue	7	Boot Camp & Evaluation	12p-2p	PSA2
			89	Boot Camp & Evaluation	2:30-4:30p	PSA2
	23	Thu	7	Boot Camp & Evaluation	12p-2p	PSA2
			89	Boot Camp & Evaluation	2:30-4:30p	PSA2
	28	Tue	7	Training, Positional, Jump	12p-2p	PSA2
			89	Training, Positional, Jump	2:30-4:30p	PSA2
	30	Thu	7	Training, Positional, Jump	12p-2p	PSA2
			89	Training, Positional, Jump	2:30-4:30p	PSA2
July	7	Thu	7	Training, Positional, Jump	12p-2p	PSA2
			89	Training, Positional, Jump	2:30-4:30p	PSA2
	12	Tue	7	Training, Positional, Jump	12p-2p	PSA2
			89	Training, Positional, Jump	2:30-4:30p	PSA2
	14	Thu	7	Training, Positional, Jump	12p-2p	PSA2
			89	Training, Positional, Jump	2:30-4:30p	PSA2
	19	Tue	7	Training, Positional, Jump	12p-2p	PSA2
			89	Training, Positional, Jump	2:30-4:30p	PSA2
	21	Thu	7	Training, Positional, Jump	12p-2p	PSA2
			89	Training, Positional, Jump	2:30-4:30p	PSA2
	26	Tue	none	OFF		
	28	Thu	7	Training, Positional, Jump	12p-2p	PSA2
89			Training, Positional, Jump	2:30-4:30p	PSA2	
July	30	Sat	ALL	Matches/Eval/Testing	TBA	PSA1
August	2	Tue	7	Training, Positional, Jump	12p-2p	PSA2
			89	Training, Positional, Jump	2:30-4:30p	PSA2
	4	Thu	7	Training, Positional, Jump	12p-2p	PSA2
			89	Training, Positional, Jump	2:30-4:30p	PSA2
	9	Tue	7	Training, Positional, Jump	12p-2p	PSA2
			89	Training, Positional, Jump	2:30-4:30p	PSA2
	11	Thu	7	Training, Positional, Jump	12p-2p	PSA2
			89	Training, Positional, Jump	2:30-4:30p	PSA2
	16	Tue	7	Training, Positional, Jump	12p-2p	PSA1
			89	Training, Positional, Jump	2:30-4:30p	PSA1
	18	Thu	7	Training, Positional, Jump	12p-2p	PSA1
			89	Training, Positional, Jump	2:30-4:30p	PSA1
August	20	Sat	ALL	Matches/Eval/Testing	TBA	PSA1

Group 7 Incoming 7th Graders
 Group 8/9 Incoming 8th/9th Graders

Jump Training will be a component of each training session.
 Training sessions will include a Position Specific training component when appropriate.



Denotes dates or times that are not typical.
 Denotes changes from original issue of this schedule.