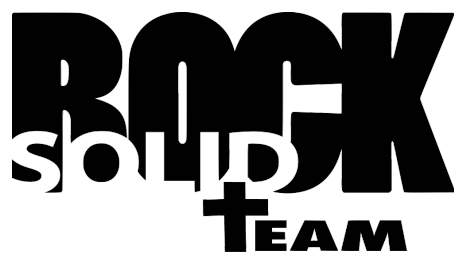


# 2022-2023

begins August 15th

## Workouts



... whatever you do, do  
all to the glory of God.  
1 Corinthians 10:31

Men's 4 days	
Monday	4:30-7:30
Tuesday	4:30-7:30
Wednesday	OFF
Thursday	4:30-7:30
Friday	OFF
Saturday	9:00-12:00

Men's 10+ yrs — 2days	
Monday	OFF
Tuesday	4:30-7:30
Wednesday	OFF
Thursday	4:30-7:30
Friday	OFF

Men's <8yrs — 2days	
Monday	4:30-7:30
Tuesday	OFF
Wednesday	4:30-7:30
Thursday	OFF
Friday	OFF

**3rd Day option** Saturday 9:00-12:00

T&T Jr. Team	
Monday	5:00 - 6:55
Wednesday	5:00 - 6:55

T&T Sr. Team	
Tuesday	6:00 - 8:00
Thursday	6:00 - 8:00

**3rd Day option** Friday 5:15 - 6:45

Friday/Saturday Workouts on Meet weekends  
For Fall

- Boys Move to Sunday 1:30-4:00 (must have min)
- Girls families choice based on travel and schedule
- T&T will still have work out (only one conflict in Oct.)

For Spring

- Boys no Saturday on meet days
- Optional Girls - no Friday if any meet
- Comp. Girls like the fall
- T&T no practice if a meet

Girls INT 5 & UP (option1)	
Monday	5:00 - 8:00
Tuesday	5:00 - 8:00
Wednesday	*replace Sat in Season
Thursday	5:00 - 8:00
Friday	5:00 - 8:00
Saturday	9:00 - 12:00

Girls INT 5 & UP (option2)	
Monday	5:00 - 8:00
Tuesday	5:00 - 8:00
Wednesday	*replace Sat in Season
Thursday	5:00 - 8:00
Friday	OFF
Saturday	9:00 - 12:00

Girls INT 5 & UP (option3)	
Monday	5:00 - 8:00
Tuesday	5:00 - 8:00
Wednesday	OFF
Thursday	5:00 - 8:00
Friday	OFF
Saturday	OFF

Girls INT 4 (option1/2)	
Monday	4:30 - 7:30
Tuesday	4:30 - 7:30
Wednesday	OFF
Thursday	4:30 - 7:30
Friday	4:30 - 7:30

Girls INT 4 (option3)	
Monday	OFF
Tuesday	4:30 - 7:30
Wednesday	OFF
Thursday	4:30 - 7:30
Friday	4:30 - 7:30

Girls INT 3	
Monday	4:30 - 7:30
Tuesday	OFF
Wednesday	4:30 - 7:30
Thursday	OFF
Friday	4:30 - 7:30

Girls INT 2	
Monday	OFF
Tuesday	4:30 - 7:30
Wednesday	OFF
Thursday	4:30 - 7:30
Friday	OFF

Club Team +rec class	
Monday	
Tuesday	
Wednesday	5:30-7:30
Thursday	
Friday	

Al: (806) 559-3378  
Rachel: (432) 889-6515  
Micah: (432) 556-2247  
Taylor: (713) 423-9350