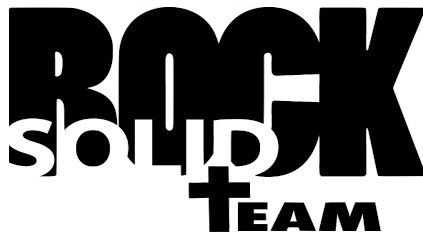


2023-2024

begins 8/14

Workouts



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

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 Hosted & Travel Meet weekends

For Fall

- Girls families' choice based on travel and schedule.
- T&T will still have work out (only one conflict in Nov.)

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 coaches are at any meet

Boys 4 days	
Monday	4:30-7:30
Tuesday	4:30-7:30
Wednesday	*replace Sat in Season
Thursday	4:30-7:30
Friday	OFF
Saturday	9:00-12:00

Boys 3 days	
Monday	OFF
Tuesday	4:30-7:30
Wednesday	*replace Sat in Season
Thursday	4:30-7:30
Friday	OFF
Saturday	9:00-12:00

Al: (806) 559-3378
Jenn: (806) 790-3047
Karmen: (806) 787-7033
Taylor: (713) 423-9350

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

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

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 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

al@rsa-gym.com

806-795-ROCK