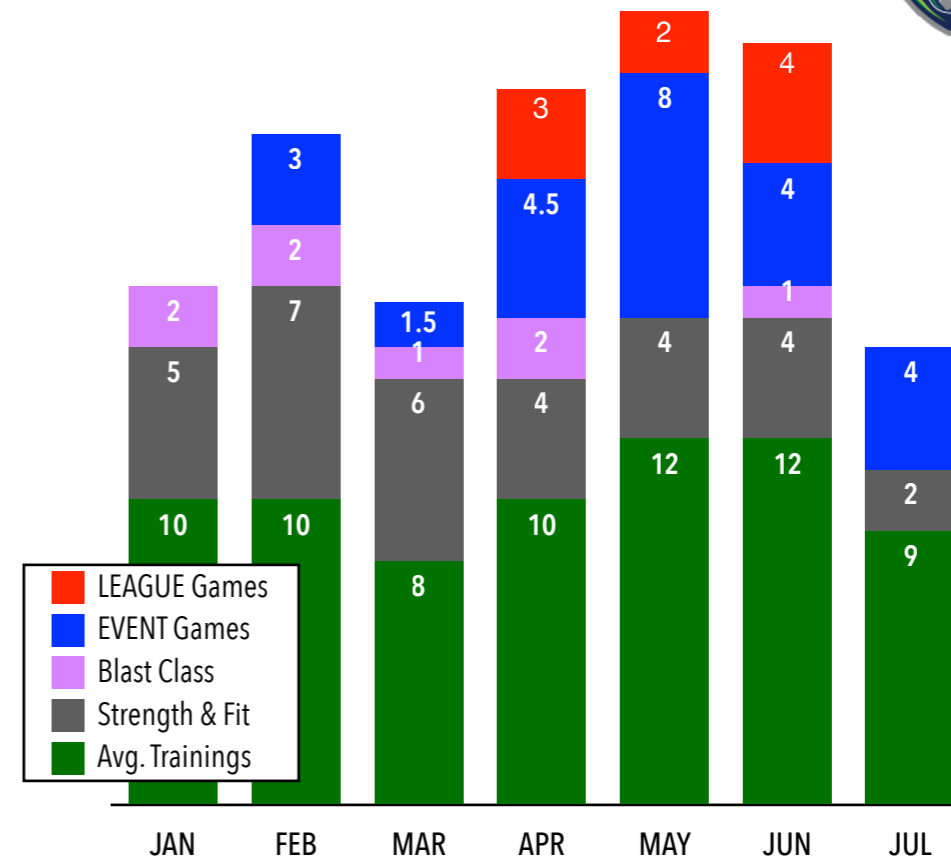


	u14 / u15	Min. TRAIN	Max. TRAIN	AVG. TRAIN	Strength & Fitness	Blast Class	EVENT Games	LEAGUE Games	TOTALS	Notes
JAN	JAN. Week 1	2	3	2.5	1		-			Will not have time to train for any events before Feb 20, 2021
	JAN. Week 2	2	3	2.5	1	1	-			
	JAN. Week 3	2	3	2.5	1		-			
	JAN. Week 4	2	3	2.5	2	1	-			
	Est. TOTAL Sessions	8	12	10	5	2	0	0	17	
Est. TOTAL Hrs.	12	18	15	5	3	0	0	23		
FEB	FEB. Week 1	2	3	2.5	2		-			1st Targeted event 1st Targeted event
	FEB. Week 2	2	3	2.5	2	1	-			
	FEB. Week 3	2	3	2.5	2		1.5			
	FEB. Week 4	2	3	2.5	1	1	1.5			
	Est. TOTAL Sessions	8	12	10	7	2	3	0	22	
Est. TOTAL Hrs.	12	18	15	7	3	4.5	0	29.5		
MAR	MAR. Week 1	2	3	2.5	2		-			Spring Break cycle Spring Break cycle Either end of MAR or Early APR
	MAR. Week 2	1	2	1.5	2	1	-			
	MAR. Week 3	1	2	1.5	1		-			
	MAR. Week 4	2	3	2.5	1		1.5			
	Est. TOTAL Sessions	6	10	8	6	1	1.5	0	16.5	
Est. TOTAL Hrs.	9	15	12	6	1.5	2.25	0	21.75		
APR	APR. Week 1	2	3	2.5	1	1	1.5			Either end of MAR or Early APR Start of League
	APR. Week 2	2	3	2.5	1		-	1		
	APR. Week 3	2	3	2.5	1		3	1		
	APR. Week 4	2	3	2.5	1	1	-	1		
	Est. TOTAL Sessions	8	12	10	4	2	4.5	3	23.5	
Est. TOTAL Hrs.	12	18	15	4	3	6.75	4.5	33.25		
MAY	MAY. Week 1	2	4	3	1		1			State Cup State Cup State Cup Regional Play-In Event
	MAY. Week 2	2	4	3	1		2	1		
	MAY. Week 3	2	4	3	1		2			
	MAY. Week 4	2	4	3	1		3	1		
	Est. TOTAL Sessions	8	16	12	4	0	8	2	26	
Est. TOTAL Hrs.	12	24	18	4	0	12	3	37		
JUN	JUN. Week 1	2	4	3	1		-	1		USYSA/US Club Regionals
	JUN. Week 2	2	4	3	1	1	-	1		
	JUN. Week 3	2	4	3	1		4	1		
	JUN. Week 4	2	4	3	1		-	1		
	Est. TOTAL Sessions	8	16	12	4	1	4	4	25	
Est. TOTAL Hrs.	12	24	18	4	1.5	6	6	35.5		
JUL	JUL. Week 1	2	4	3	1		-			USA Cup Premier Event
	JUL. Week 2	2	4	3	1		-			
	JUL. Week 3	2	4	3			4			
	JUL. Week 4	0	0	0						
	Est. TOTAL Sessions	6	12	9	2	0	4	0	15	
Est. TOTAL Hrs.	9	18	13.5	2	0	6	0	21.5		
EST. SEASON SESS	52	90	71	32	8	25	9	145		
EST. SEASON HRS	66	117	91.5	32	12	37.5	13.5	201.5		

TOTAL SEASON SESSIONS BY TYPE & MONTH



TOTAL SEASON SESSIONS/HOURS BY TYPE **145/201**

