

JANUARY 2023

SPORTS PERFORMANCE CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 CLOSED NEW YEARS DAY	3 POWER DEVELOPMENT	4 SPEED	5 AGILITY Change of Direction	6 POWER DEVELOPMENT	7 SPEED
8	9 POWER DEVELOPMENT	10 SPEED	11 AGILITY Change of Direction	12 POWER DEVELOPMENT	13 SPEED	14 AGILITY Change of Direction
15	16 SPEED	17 AGILITY Change of Direction	18 POWER DEVELOPMENT	19 SPEED	20 AGILITY Change of Direction	21 POWER DEVELOPMENT
22	23 AGILITY Change of Direction	24 POWER DEVELOPMENT	25 SPEED	26 AGILITY Change of Direction	27 POWER DEVELOPMENT	28 PERFORMANCE TESTING
29	30 POWER DEVELOPMENT	31 SPEED	1 AGILITY Change of Direction	2 POWER DEVELOPMENT	3 SPEED	4 AGILITY Change of Direction