

# MARCH 2023

## SPORTS PERFORMANCE CALENDAR

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