

# APRIL 2023

## SPORTS PERFORMANCE CALENDAR

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