

MAY 2023

SPORTS PERFORMANCE CALENDAR

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