

# MAY 2023

## SPORTS PERFORMANCE CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1 SPEED & AGILITY	2 STRENGTH & BALANCE	3 POWER/ EXPLOSIVE MOVEMENTS	4 SPEED & AGILITY	5 STRENGTH & BALANCE	6
7	8 SPEED & AGILITY	9 STRENGTH & BALANCE	10 POWER/ EXPLOSIVE MOVEMENTS	11 SPEED & AGILITY	12 STRENGTH & BALANCE	13
14	15 SPEED & AGILITY	16 STRENGTH & BALANCE	17 POWER/ EXPLOSIVE MOVEMENTS	18 SPEED & AGILITY	19 STRENGTH & BALANCE	20
21	22 SPEED & AGILITY	23 STRENGTH & BALANCE	24 POWER/ EXPLOSIVE MOVEMENTS	25 SPEED & AGILITY	26 STRENGTH & BALANCE	27
28	29 <b>CLOSED</b> MEMORIAL DAY	30 STRENGTH & BALANCE	31 POWER/ EXPLOSIVE MOVEMENTS	1 SPEED & AGILITY	2 STRENGTH & BALANCE	3