

APRIL 2023

SPORTS PERFORMANCE CALENDAR

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