

AUGUST 2023

SPORTS PERFORMANCE CALENDAR

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