

# JUNE 2023

## SPORTS PERFORMANCE CALENDAR

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