

MAY 2023

SPORTS PERFORMANCE CALENDAR

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