

SEPTEMBER 2023

SPORTS PERFORMANCE CALENDAR

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