

Summer 2021

Jets Practice Schedule

Training Group	Daily Schedule
Summer Group	Monday through Thursday: 9:00-9:45 AM Monday/Wednesday: 6:15-7:00 PM
Fun & Fitness	Monday through Thursday: 8:15-9:00 AM Monday/Wednesday: 6:15-7:00 PM
Age Group 2	Monday through Thursday: 8:00-9:00 AM Monday/Wednesday: 6:15-7:00 PM Saturday: 10:00-11:00 AM
Age Group 1	Monday through Friday: 7:30 AM-9:00 AM Tuesday/Thursday: 6:00-7:00 PM Saturday: 9:30-11:00 AM*
Age Group Elite	Monday through Friday: 6:30-8:00 AM Tuesday/Wednesday/Thursday: 5:00-6:30 PM Saturday: 8:30-10:30 AM**
Senior 2	Monday through Thursday: 7:00-8:00 AM Saturday: 9:30-10:30 AM+
Senior 1	Monday through Friday: 6:30-8:00 AM Tuesday/Wednesday/Thursday: 5:00-6:30 PM Saturday: 8:15-10:15 AM**
Senior Elite	Monday through Friday: 6:30-8:00 AM Tuesday/Wednesday/Thursday: 5:00-6:30 PM Saturday: 8:15-10:15 AM**

*On June 19 and July 17, practice will begin 20 minutes before the warm-up sessions begin for the home AAU meets.

**On June 19 and July 17, practice will begin 1 hour before the warm-up sessions begin for the home AAU meets.

+On June 19 and July 17, Senior 2 will begin when the Jets warm-up session begins at the home AAU meets.