

FAST NATIONAL GROUP – SUMMER 2022 MEET SCHEDULE			
WEEK	JO FOCUS	SECTIONAL FOCUS	NATIONAL FOCUS
5/23	Team Training		
5/30	Team Training—Summer training schedule starts the following Monday (6/6)		
6/6	URBIE INTRASQUAD	URBANCHEK INVITE	URBANCHEK INVITE
6/13	JAG	JAG or Team Training	Team Training
6/20	Team Training		
6/27	Team Training		
7/4	SOCAL INVITE	SOCAL INVITE	SOCAL INVITE or Team Training
7/11	Team Training / Tapering Begins		LAI or Team Training
7/18	JUNIOR OLYMPICS	SECTIONALS	Team Training / Tapering Begins
7/25	WESTERN ZONES or Off	WESTERN ZONES or Off	FUTURES / NATIONALS
8/1	Pre-Season Training (Practices Mon-Thurs PM only)		JUNIORS
8/8	Pre-Season Training (Practices Mon-Thurs PM only)		
8/15	Start of 2022-2023 Season / Team Training Resumes		

FAST NATIONAL GROUP – SUMMER 2022 PRACTICE SCHEDULE					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Endurance	Power	Speed	Endurance	Power	Speed
6:45-9:00 AM	6:45-9:00 AM	6:45-9:00 AM	6:45-9:00 AM	6:45-9:00 AM	7:45-9:00 AM
3:45-6:00 PM	3:45-6:00 PM	No PM	3:45-6:00 PM	3:45-6:00 PM	Off

“Don’t Wait To Be Great!”