

FAST SENIOR TEAM – SUMMER 2022 MEET SCHEDULE			
WEEK	FAST FOCUS	JO FOCUS	SECTIONAL 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	Team Training	JAG or Team Training	JAG
6/20	Team Training		
6/27	Team Training		
7/4	FAST 2 DAY	FAST 2 DAY	SOCAL INVITE or FAST 2 DAY
7/11	Team Training		
7/18	Team Training	JUNIOR OLYMPICS	SECTIONALS
7/25	Off	WESTERN ZONES or Off	WESTERN ZONES
8/1	Pre-Season Training (Practices Mon-Thurs PM only)		AGE GROUP ZONES
8/8	Pre-Season Training (Practices Mon-Thurs PM only)		
8/15	Start of 2022-2023 Season / Team Training Resumes		

FAST SENIOR TEAM – SUMMER 2022 PRACTICE SCHEDULE					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Endurance	Power	Speed	Endurance	Power	Speed
6:00-7:30 AM	No AM	6:00-7:30 AM	No AM	6:00-7:30 AM	8:00-10:00 AM
4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	Off

“Don’t Wait To Be Great!”