

Summer 2024	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:00AM/ 9:30AM	Middle School Athletes 9:00 MWF // High School Athletes 9:30 MWF	Middle School Athletes 9:00 T, TH // High School Athletes 9:30 T, TH	Middle School Athletes 9:00 MWF // High School Athletes 9:30 MWF	Middle School Athletes 9:00 T, TH // High School Athletes 9:30 T, TH	Middle School Athletes 9:00 MWF // High School Athletes 9:30 MWF	Elementary School Athletes	
10:00AM/ 10:30AM	Middle School Athletes 10:00 MWF // High School Athletes 10:30 MWF	Middle School Athletes 10:00 T, TH // High School Athletes 10:30 T, TH	Middle School Athletes 10:00 MWF // High School Athletes 10:30 MWF	Middle School Athletes 10:00 T, TH // High School Athletes 10:30 T, TH	Middle School Athletes 10:00 MWF // High School Athletes 10:30 MWF	Middle School Athletes	
11:00AM/ 11:30 AM	Middle School Athletes 11:00 MWF // High School Athletes 11:30 MWF	Middle School Athletes 11:00 T, TH // High School Athletes 11:30 T, TH	Middle School Athletes 11:00 MWF // High School Athletes 11:30 MWF	Middle School Athletes 11:00 T, TH // High School Athletes 11:30 T, TH	Middle School Athletes 11:00 MWF // High School Athletes 11:30 MWF	High School/ College Athletes	
12:00AM/ 12:30 PM	Middle School Athletes 12:00 MWF // High School Athletes 12:30 MWF	Middle School Athletes 12:00 T, TH // High School Athletes 12:30 T, TH	Middle School Athletes 12:00 MWF // High School Athletes 12:30 MWF	Middle School Athletes 12:00 T, TH // High School Athletes 12:30 T, TH	Middle School Athletes 12:00 MWF // High School Athletes 12:30 MWF		
<b>Lunch Break/ Afternoon Training</b>							
4:00 PM	Middle School Athletes	Elementary School Athletes	Middle School Athletes	Elementary School Athletes	Middle School Athletes		
5:00 PM	Elementary School Athletes	Middle School Athletes	Elementary School Athletes	Middle School Athletes	Elementary School Athletes		
6:00 PM	High School/ College Athletes	High School/ College Athletes	High School/ College Athletes	High School/ College Athletes			
7:00 PM	High School/ College Athletes	High School/ College Athletes	High School/ College Athletes	High School/ College Athletes			
<p><b>**Is this your first summer with the PSF staff? If so, you must come in for a sports performance evaluation. This will allow the coaches to assess your training age and provide you with options for appropriate training groups</b></p>							