

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 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	Middle School Athletes
11:00AM/ 11:30 AM	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	High School/ College Athletes
12:00AM/ 12:30 PM	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	
Lunch Break/ Afternoon Training						
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>**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</p>						