

2022 JAC January Practice Schedule

Date	Day	Notes
January 1st	Saturday	No Practice
2	Sunday	No Practice
3	Monday	4pm-6pm
4	Tuesday	4pm-6pm
5	Wednesday	4pm-6pm
6	Thursday	4pm-6pm
7	Friday	4pm- 6pm
8	Saturday	10am- 12pm, also lessons by appointment
9	Sunday	Lessons only by appointment
10	Monday	4pm-6pm
11	Tuesday	4pm-6pm
12	Wednesday	4pm-6pm
13	Thursday	4pm-6pm
14	Friday	4pm- 6pm
15	Saturday	10am- 12pm, also lessons by appointment
16	Sunday	Lessons only by appointment
17	Monday	4pm-6pm
18	Tuesday	4pm-6pm
19	Wednesday	4pm-6pm
20	Thursday	4pm-6pm
21	Friday	4pm- 6pm
22	Saturday	10am- 12pm, also lessons by appointment
23	Sunday	Lessons only by appointment
24	Monday	4pm-6pm
25	Tuesday	4pm-6pm
26	Wednesday	4pm-6pm
27	Thursday	4pm-6pm
28	Friday	4pm- 6pm
29	Saturday	10am- 12pm, also lessons by appointment
30	Sunday	Lessons only by appointment
31	Monday	No Practice, 1st Day of FHSAA High School Track and Field Practice

January Training is either \$150 for the whole month (unlimited practices) or \$20 drop in fee per practice



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