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| Monday | Tuesday | Wednesday | Thursday | Friday |
| Academic Article Research and Reflection 1:45-2:00pm | Academic Article Research and Reflection1:45-2:00pm | Academic Article Research and Reflection1:45-2:00pm | Academic Article Research and Reflection1:45-2:00pm | **Turn In Reflections/ Share What you have learned!**1:45-2:00pm |
| Change into “work” clothes2:00-2:10pm | Change into “work” clothes2:00-2:10pm | Change into “work” clothes2:00-2:10pm | Change into “work” clothes2:00-2:10pm | Change into “work” clothes2:00-2:10pm |
| Warm up / Muscle Activation2:10-2:25pm  | Warm up / Muscle Activation 2:10-2:25pm  | Warm up / Muscle Activation 2:10-2:25pm  | Warm up / Muscle Activation 2:10-2:25pm  | Warm up / Muscle Activation 2:10-2:25pm  |
| **Fast Twitch Series** 2:25-2:45pm | **Slow Twitch Series**2:25-2:45pm | **Agility Series**2:25-2:45pm | **Fast Twitch Series**2:25-2:45pm | **Slow Twitch Series**2:25-2:45pm |
| Daily “Dozen” or Skill Fundamentals (begin after weight training is complete) | Daily “Dozen” or Skill Fundamentals(begin after weight training is complete) | Daily “Dozen” or Skill Fundamentals(begin after agility training is complete) | Daily “Dozen” or Skill Fundamentals(begin after weight training is complete) | Daily “Dozen” or Skill Fundamentals(begin after weight training is complete) |

Varsity Sports Daily Calendar