



Daily Structure (Monday – Thursday)

Group 1 (Ages 8–10)

9:00 – 9:45 | 1st Quarter: Strength & Conditioning
9:45 – 10:30 | Timeout: Classroom / Film Study & Enrichment
10:30 – 11:15 | 2nd Quarter: Skill Training
11:15 – 12:00 | Halftime: Lunch Break (bring lunch)
12:00 – 12:45 | 3rd Quarter: Game Time/ Scrimmage
12:45 – 1:30 | Timeout: Classroom / Film Study & Enrichment
1:30 – 2:30 | 4th Quarter: Game Time/ Scrimmage
2:30 – 3:30 | Timeout: Classroom / Film Study & Enrichment
3:30 – 4:00 | Overtime: Dismissal

Group 2 (Ages 11–13)

9:00 – 9:45 | Timeout: Classroom / Film Study & Enrichment
9:45 – 10:30 | 1st Quarter: Strength & Conditioning
10:30 – 11:15 | Timeout: Classroom / Film Study & Enrichment
11:15 – 12:00 | 2nd Quarter: Skill Training
12:00 – 12:45 | Halftime: Lunch Break (bring lunch)
12:45 – 1:30 | 3rd Quarter: Game Time/ Scrimmage
1:30 – 2:30 | Timeout: Classroom / Film Study & Enrichment
2:30 – 3:30 | 4th Quarter: Game Time/ Scrimmage
3:30 – 4:00 | Overtime: Dismissal

Friday – Game Day Schedule (Both Groups)

9:00 – 9:45 | Group 1 & 2: Strength & Conditioning
9:45 – 10:00 | Timeout: Classroom / Film Study & Enrichment
10:00 – 10:45 | Group 1: Game Time/ Scrimmage
10:45 – 11:30 | Group 2: Game Time/ Scrimmage
11:30 – 12:30 | Halftime: Lunch Break (bring lunch)
12:30 – 1:15 | Group 1: Game Time/ Scrimmage
1:15 – 2:00 | Group 2: Game Time/ Scrimmage
2:00 – 2:45 | Group 1: Game Time/ Scrimmage
2:45 – 3:30 | Group 2: Game Time/ Scrimmage
3:30 – 4:00 | Overtime: Dismissal