

# AP 2024 - 2025 Practice Schedule

| <u>Monday</u>                                                                                   | <u>Tuesday</u>                                                                                                     | <u>Wednesday</u>                                                                                                                                                                   | <u>Thursday</u>                                                                                                                |
|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| <p><b>AP HS group 1 (TBD)</b><br/>4-6:30</p> <p><b>AP MS/AP HS group 2 (TBD)</b><br/>6:30-9</p> | <p><b>AP HS group 1</b><br/>4-6:30</p> <p><b>HS 1 S&amp;C</b><br/>6:45-7:45</p> <p><b>BE/PYA</b><br/>6:45-8:45</p> | <p>Positionals 4-5:30</p> <p><b>AP MS</b><br/>5:30-8:15</p> <p><b>MS S&amp;C</b><br/>8:15-8:45</p> <p><b>AP HS group 2</b><br/>6:30-9</p> <p><b>HS 2 S&amp;C</b><br/>5:30-6:30</p> | <p><b>AP HS group 1 &amp; AP HS group 2</b><br/>4-6:45</p> <p><b>S&amp;C</b><br/>7-8:00</p> <p><b>BE/PYA</b><br/>6:45-8:45</p> |

- Expect players to come out 10-15min after practice or S&C is over to allow time for job duties. All teams/players will have job duties they're responsible for after each practice.
- Strength and Conditioning is mandatory and is part of the practice schedule. Any players who have to miss for any reason need to have it approved by Coach Dailey and Coach Morgan. HS players will have weight training on Tuesday/Wednesday and Plyos on Thursdays.