

ttg Train 4 The Game

FITNESS • PERFORMANCE • RESTORATION

June Athlete Development Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
			1	2	3	4				
5	9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	6	9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	7	8	9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	9	10	9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	11
12	9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	13	9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	14	15	9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	16	17	9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	18
19	9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	20	9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	21	22	9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	23	24	9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	25
26	9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	27	9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	28	29	9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	30			

Sessions at Westlake Athletic Center | Great coach to athlete ratio!

All pricing on train4thegame.com/youth/memberships

Speed, Agility, Power, Strength, Injury Prevention

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July Athlete Development Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	
3	4 4th of July!	5 No Sessions	6	7 9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	8 9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	9
10 9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	11 9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	12 9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	13	14 9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	15 9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	16
17 9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	18 9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	19 9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School 11:00 Middle School	20	21 9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School 11:00 Middle School	22 9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School 11:00 Middle School	23
24 9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	25 9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	26 9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	27	28 9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	29 9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	30
31						

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August Athlete Development Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School		9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	
	9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School		9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	9:00 Elementary School 9:15 Middle School 9:30 Middle School 9:45 Middle School (Girls) 10:00 High School	
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