

## AJV 2021-2022 Practice Schedule (as of 7/1/21)

subject to change

Notes: Below is a general summary of each team's practice nights. However, consult your LEAGUESAPPS account to see the full individual schedule for your team. Each team and age group has it's own special circumstances that are difficult to explain in a one page summary. However, here are bullet points:

**All teams that Practice 3x per week:** The SUNDAY practices only exist for certain stretches of the season (Nov-Feb and May/June). Teams will only practice 2x per week in Feb, Mar, Apr.

### Start Dates:

12s start Oct 6 for 1x per week for 5 weeks. Then begin 2x per week on Nov 7  
 13s, 14s, 15s start Nov 7  
 16s,17s and 18s start Nov 14

### SAQ Schedule:

Speed-Agility-Quicknes (SAQ) Training is included for some teams. SAQ times are wrapped around the practice schedule and will be posted on your LeagueApp calendar

**End Date:** Some teams end at Lone Star Classic in Apr. Some teams end at Regionals in May. 18s end at USAV Jr Nat'l in early May. Some teams end after USAV Jr Nat'l in early July.

Team	Practice 1	Practice 2	Practice 3
AJV 18 adidas	Sun ASC Cent (7pm-9pm)	Mon ASC Cent (730pm-930pm)	Thu ASC CP (730pm-930pm)
AJV 18 Molten	Sun ASC Cent (7pm-9pm)	Mon ASC Cent (730pm-930pm)	Thu ASC CP (730pm-930pm)
AJV 18 Helix	Sun ASC Cent (7pm-9pm)	Mon ASC Cent (730pm-930pm)	Thu ASC CP (730pm-930pm)
AJV 17 adidas	Sun ASC Cent (7pm-9pm)	Mon ASC Cent (730pm-930pm)	Wed ASC CP (730pm-930pm)
AJV 17 Molten	Sun ASC Cent (7pm-9pm)	Mon ASC Cent (730pm-930pm)	Wed ASC CP (730pm-930pm)
AJV 17 Helix	Sun ASC Cent (7pm-9pm)	Mon ASC CP (730pm-930pm)	Wed ASC Cent (730pm-930pm)
AJV 16 adidas	Sun ASC Cent (430pm-630pm)	Mon ASC Cent (730pm-930pm)	Wed ASC CP (730pm-930pm)
AJV 16 Molten	Sun ASC Cent (430pm-630pm)	Mon ASC CP (730pm-930pm)	Wed ASC Cent (730pm-930pm)
AJV 16 Helix	Sun ASC Cent (230pm-430pm)	Mon ASC CP (730pm-930pm)	Wed ASC Cent (730pm-930pm)
AJV 16 Navy	Sun ASC Cent (230pm-430pm)	Wed SMAC (730pm-930pm)	
AJV 16 Cedar Park	Mon ASC CP (530pm-730pm)	Thu ASC CP (530pm-730pm)	
AJV 15 adidas	Sun ASC Cent (430pm-630pm)	Mon ASC Cent (530pm-730pm)	Wed ASC CP (730pm-930pm)
AJV 15 Molten	Sun ASC CP (630pm-830pm)	Mon ASC Cent (530pm-730pm)	Wed ASC CP (530pm-730pm)
AJV 15 Helix	Sun ASC Cent (230pm-430pm)	Mon ASC CP (730pm-930pm)	Wed ASC Cent (530pm-730pm)
AJV 15 Navy	Mon SMAC (530pm-730pm)	Wed SMAC (730pm-930pm)	
AJV 15 Cedar Park	Mon ASC CP (530pm-730pm)	Thu ASC CP (530pm-730pm)	
AJV 15 Toro	Mon ASC CP (530pm-730pm)	Thu ASC CP (730pm-930pm)	
AJV 14 adidas	Sun ASC CP (630pm-830pm)	Mon ASC CP (530pm-730pm)	Wed ASC Cent (530pm-730pm)
AJV 14 Molten	Sun ASC CP (630pm-830pm)	Mon ASC Cent (530pm-730pm)	Wed ASC CP (530pm-730pm)
AJV 14 Helix	Sun ASC CP (630pm-830pm)	Mon ASC Cent (530pm-730pm)	Wed ASC CP (530pm-730pm)
AJV 14 Navy	Mon SMAC (530pm-730pm)	Wed SMAC (730pm-930pm)	
AJV 14 Cedar Park	Tue ASC CP (730pm-930pm)	Thu ASC CP (730pm-930pm)	
AJV 14 Red	Mon SMAC (530pm-730pm)	Wed SMAC (730pm-930pm)	
AJV 14 Toro	Sun ASC CP (430pm-630pm)	Tue ASC CP (730pm-930pm)	
AJV 13 adidas	Sun ASC CP (430pm-630pm)	Wed ASC Cent (530pm-730pm)	
AJV 13 Molten	Sun ASC CP (430pm-630pm)	Wed ASC Cent (530pm-730pm)	
AJV 13 Navy	Mon SMAC (530pm-730pm)	Wed SMAC (530pm-730pm)	
AJV 13 Cedar Park	Sun ASC CP (430pm-630pm)	Thu ASC CP (530pm-730pm)	
AJV 13 Red	Mon SMAC (530pm-730pm)	Wed SMAC (530pm-730pm)	
AJV 13 Toro	Sun ASC CP (2pm-4pm)	Thu ASC CP (530pm-730pm)	
AJV 12 adidas	Mon ASC Cent (530pm-730pm)	Wed ASC CP (530pm-730pm)	
AJV 12 Navy	Mon SMAC (530pm-730pm)	Wed SMAC (530pm-730pm)	
AJV 12 Cedar Park	Sun ASC CP (2pm-4pm)	Tue ASC CP (530pm-730pm)	
AJV 12 Red	Mon SMAC (530pm-730pm)	Wed SMAC (530pm-730pm)	
AJV 12 Toro	Sun ASC CP (2pm-4pm)	Tue ASC CP (530pm-730pm)	
AJV 11 Navy	Mon SMAC (530pm-730pm)	Wed SMAC (530pm-730pm)	
AJV 11 Cedar Park	Sun ASC CP (2pm-4pm)	Tue ASC CP (6pm-8pm)	