

## AJV 2022-2023 Practice Schedule (as of 9/12/22)

subject to change

Notes: Below is a general summary of each team's practice nights. By Sept 1, your LEAGUESAPPS calendar will be populated with the full individual schedule for your team, including tournament schedule, all practices (and SAQ time for the teams that are budgeted). 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:

### Start Dates:

**11s, 12s, 13s, 14s, 15s start Oct 2** for 1x per week (Sundays) for 5 weeks. This will be a mixture of skill training, positional work and intro to systems. Times and location for the 5 Sundays in Oct are TBD. Then regular (team) practices start on Nov 6 that follow the schedule below.

**16s, 17s and 18s start Nov 13.** Practices during the week on Nov 13 may be positional and require a time/location based on your team and position. Athletes that are still in UIL competition are encouraged NOT to attend until their HS season is completed (unless your HS coach has no concern with starting club practices). Practices after Thanksgiving follow the team practice schedule below.)

### SAQ Schedule:

Speed-Agility-Quickness (SAQ) Training is included for some teams. SAQ times are wrapped around the practice schedule and will be posted on your LeagueApps calendar. SAQ starts after Thanksgiving.

**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 (5pm-7pm)	Mon ASC Cent (730pm-930pm)	Wed ASC CP (730pm-930pm)
AJV 18 Molten	Sun ASC Cent (5pm-7pm)	Mon ASC Cent (730pm-930pm)	Wed ASC CP (730pm-930pm)
AJV 17 adidas	Sun ASC CP (5pm-7pm)	Mon ASC CP (730pm-930pm)	Wed ASC Cent (730pm-930pm)
AJV 17 Molten	Sun ASC Cent (5pm-7pm)	Mon ASC Cent (730pm-930pm)	Thu ASC CP (730pm-930pm)
AJV 17 Helix	Sun ASC Cent (230pm-430pm)	Mon ASC Cent (530pm-730pm)	Thu ASC CP (730pm-930pm)
AJV 16 adidas	Sun ASC Cent (1230pm-230pm)	Mon ASC CP (530pm-730pm)	Thu ASC Cent (530pm-730pm)
AJV 16 Molten	Sun ASC Cent (1230pm-230pm)	Mon ASC CP (730pm-930pm)	Wed ASC Cent (730pm-930pm)
AJV 16 Helix	Sun ASC CP (3pm-5pm)	Mon ASC CP (530pm-730pm)	Wed ASC Cent (530pm-730pm)
AJV 16 Navy	Sun ASC Cent (230pm-430pm)	Wed SMAC (730pm-930pm)	
AJV 15 adidas	Sun ASC CP (1230pm-230pm)	Mon ASC Cent (530pm-730pm)	Wed ASC CP (530pm-730pm)
AJV 15 Molten	Sun ASC CP (1230pm-230pm)	Mon ASC CP (530pm-730pm)	Wed ASC Cent (530pm-730pm)
AJV 15 Helix	Sun ASC CP (5pm-7pm)	Mon ASC CP (730pm-930pm)	Wed ASC Cent (730pm-930pm)
AJV 15 Navy	Sun ASC Cent (230pm-430pm)	Wed SMAC (730pm-930pm)	
AJV 15 Cedar Park	Sun ASC CP (7pm-9pm)	Tue ASC CP (730pm-930pm)	
AJV 15 Toro	Sun ASC CP (7pm-9pm)	Tue ASC CP (730pm-930pm)	
AJV 14 adidas	Sun ASC Cent (1230pm-230pm)	Mon ASC CP (530pm-730pm)	Wed ASC Cent (530pm-730pm)
AJV 14 Molten	Sun ASC Cent (1230pm-230pm)	Mon ASC Cent (530pm-730pm)	Wed ASC CP (530pm-730pm)
AJV 14 Helix	Sun ASC Cent (1230pm-230pm)	Mon ASC Cent (530pm-730pm)	Wed ASC CP (730pm-930pm)
AJV 14 Navy	Mon ASC Cent (530pm-730pm)	Wed SMAC (530pm-730pm)	
AJV 14 Cedar Park	Sun ASC CP (5pm-7pm)	Tue ASC CP (730pm-930pm)	
AJV 14 Red	Sun ASC Cent (10am-12noon)	Wed SMAC (730pm-930pm)	
AJV 14 Toro	Sun ASC CP (3pm-5pm)	Tue ASC CP (730pm-930pm)	
AJV 13 adidas	Sun ASC CP (10am-12noon)	Wed ASC Cent (530pm-730pm)	
AJV 13 Molten	Sun ASC CP (1230pm-230pm)	Wed ASC Cent (530pm-730pm)	
AJV 13 Navy	Sun ASC Cent (10am-12noon)	Wed SMAC (530pm-730pm)	
AJV 13 Cedar Park	Sun ASC CP (10am-12noon)	Wed ASC CP (530pm-730pm)	
AJV 13 Red	Sun ASC Cent (10am-12noon)	Wed SMAC (530pm-730pm)	
AJV 13 Toro	Sun ASC CP (1230pm-230pm)	Tue ASC CP (530pm-730pm)	
AJV 12 adidas	Sun ASC CP (3pm-5pm)	Wed ASC Cent (530pm-730pm)	
AJV 12 Navy	Sun ASC Cent (230pm-430pm)	Wed SMAC (530pm-730pm)	
AJV 12 Cedar Park	Sun ASC CP (5pm-7pm)	Tue ASC CP (530pm-730pm)	
AJV 12 Red	Sun ASC Cent (230pm-430pm)	Wed SMAC (530pm-730pm)	
AJV 12 Toro	Sun ASC CP (10am-12noon)	Tue ASC CP (530pm-730pm)	
AJV 11 Navy	Sun ASC Cent (1230pm-230pm)	Wed SMAC (530pm-730pm)	
AJV 11 Cedar Park	Tue ASC CP (530pm-730pm)	Thu ASC CP (530pm-730pm)	