

AJV 2023-2024 Practice Schedule (as of 8/1/23)

subject to change

Notes: Below is a general summary of each team's practice nights. By Oct 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 its own special circumstances that are difficult to explain in a one page summary. However, here are bullet points:

Start Dates:

Lite Teams (11s,12s,13s,14s,15s): All AJV Lite teams will start their season with team practices starting Nov 26

11s,12s,13s,14s,15s start Oct 1 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 Oct 30th 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). Nov 13th will be the start of practices following the 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	Positional Training Start Date	Team Practice Start Date	Season End
AJV 18 adidas	Mon ASC Cent (730pm-930pm)	Wed ASC CP (730pm-930pm)	Sundays in Nov & Dec TBD	5-Nov	13-Nov	1-May
AJV 18 Molten	Mon ASC CP (730pm-930pm)	Wed ASC Cent (730pm-930pm)	Sundays in Nov & Dec TBD	5-Nov	13-Nov	1-May
AJV 17 adidas	Mon ASC Cent (730pm-930pm)	Wed ASC CP (730pm-930pm)	Sundays in Nov & Dec TBD	5-Nov	13-Nov	14-Jul
AJV 17 Molten	Mon ASC Cent (730pm-930pm)	Wed ASC CP (730pm-930pm)	Sundays in Nov & Dec TBD	5-Nov	13-Nov	14-Jul
AJV 17 Helix	Mon ASC Cent (530pm-730pm)	Wed ASC CP (530pm-730pm)	Sundays in Nov & Dec TBD	5-Nov	13-Nov	14-Jul
AJV 16 adidas	Mon ASC Cent (730pm-930pm)	Wed ASC CP (730pm-930pm)	Sundays in Nov & Dec TBD	5-Nov	13-Nov	14-Jul
AJV 16 Molten	Mon ASC Cent (530pm-730pm)	Wed ASC CP (530pm-730pm)	Sundays in Nov & Dec TBD	5-Nov	13-Nov	14-Jul
AJV 16 Helix	Mon ASC Cent (530pm-730pm)	Thu ASC CP (730pm-930pm)	Sundays in Nov & Dec TBD	5-Nov	13-Nov	14-Jul
AJV 16 Navy	Sun ASC Cent (3pm-5pm)	Wed SMAC (730pm-930pm)	Sundays in Nov & Dec TBD	5-Nov	13-Nov	5-May
AJV 16 Cedar Park	Mon ASC CP (730pm-930pm)	Thu ASC CP (730pm-930pm)	Sundays in Nov & Dec TBD	5-Nov	13-Nov	5-May
AJV 15 adidas	Mon ASC CP (530pm-730pm)	Wed ASC Cent (530pm-730pm)	Sundays in Nov & Dec TBD	1-Oct	30-Oct	14-Jul
AJV 15 Molten	Mon ASC CP (730pm-930pm)	Wed ASC Cent (730pm-930pm)	Sundays in Nov & Dec TBD	1-Oct	30-Oct	14-Jul
AJV 15 Helix	Mon ASC CP (730pm-930pm)	Wed ASC Cent (730pm-930pm)	Sundays in Nov & Dec TBD	1-Oct	30-Oct	14-Jul
AJV 15 Navy	Sun ASC Cent (3pm-5pm)	Wed SMAC (730pm-930pm)	Sundays in Nov & Dec TBD	1-Oct	30-Oct	5-May
AJV 15 Cedar Park	Mon ASC CP (730pm-930pm)	Thu ASC CP (730pm-930pm)	Sundays in Nov & Dec TBD	1-Oct	30-Oct	5-May
AJV 14 adidas	Mon ASC CP (530pm-730pm)	Wed ASC Cent (530pm-730pm)	Sundays in Nov & Dec TBD	1-Oct	26-Nov	14-Apr
AJV 14 Molten	Mon ASC Cent (530pm-730pm)	Wed ASC CP (530pm-730pm)	Sundays in Nov & Dec TBD	1-Oct	26-Nov	14-Apr
AJV 14 Helix	Mon ASC Cent (530pm-730pm)	Thu ASC CP (730pm-930pm)	Sundays in Nov & Dec TBD	1-Oct	30-Oct	14-Jul
AJV 14 Navy	Sun ASC Cent (3pm-5pm)	Wed SMAC (730pm-930pm)	Sundays in Nov & Dec TBD	1-Oct	30-Oct	28-Apr
AJV 14 Cedar Park	Sun ASC CP (3pm-5pm)	Wed ASC CP (530pm-730pm)	Sundays in Nov & Dec TBD	1-Oct	30-Oct	28-Apr
AJV 14 Central Lite	Wed SMAC (530pm-730pm)				26-Nov	14-Apr
AJV 14 North Lite	Mon ASC CP (530pm-730pm)				26-Nov	14-Apr
AJV 13 adidas	Mon ASC CP (530pm-730pm)	Wed ASC Cent (530pm-730pm)		1-Oct	30-Oct	14-Jul
AJV 13 Molten	Mon ASC CP (530pm-730pm)	Wed ASC Cent (530pm-730pm)		1-Oct	30-Oct	14-Jul
AJV 13 Navy	Sun ASC Cent (3pm-5pm)	Wed SMAC (530pm-730pm)		1-Oct	30-Oct	28-Apr
AJV 13 Cedar Park	Sun ASC CP (3pm-5pm)	Tue ASC CP (530pm-730pm)		1-Oct	30-Oct	28-Apr
AJV 13 Central Lite	Wed SMAC (530pm-730pm)				26-Nov	14-Apr
AJV 13 North Lite	Wed ASC CP (530pm-730pm)				26-Nov	14-Apr
AJV 12 adidas	Mon ASC Cent (530pm-730pm)	Wed ASC CP (530pm-730pm)		1-Oct	30-Oct	14-Jul
AJV 12 Navy	Sun ASC Cent (3pm-5pm)	Wed SMAC (530pm-730pm)		1-Oct	30-Oct	5-May
AJV 12 Cedar Park	Sun ASC CP (3pm-5pm)	Tue ASC CP (530pm-730pm)		1-Oct	30-Oct	5-May
AJV 12 Central Lite	Wed SMAC (530pm-730pm)				26-Nov	14-Apr
AJV 11 Navy	Sun ASC Cent (3pm-5pm)	Wed SMAC (530pm-730pm)		1-Oct	30-Oct	14-Apr
AJV 11 Cedar Park	Sun ASC CP (3pm-5pm)	Thu ASC CP (530pm-730pm)		1-Oct	30-Oct	14-Apr