

KCB SUMMER 2010 - WEEKLY TRAINING SCHEDULE

LOCATION	SQUAD	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM PRACTICES							
Ad Astra	Elite	530am-830am	530am-830am	545am-9am	545am-9am	545am-9am	7am-1030am
Indian Trail	Gold/XB	630am-945am	630am-945am	630am-945am	630am-945am	630am-945am	7am-10am
Roeland Park	Senior	530am-8am	530am-8am	530am-8am	530am-8am	530am-8am	730am-10am
	AB	630am-830am	630am-830am	630am-830am	630am-830am	630am-830am	
	Novice/Blue	7am-830am	7am-830am	7am-830am	7am-830am	7am-830am	
PM PRACTICES							
BVN	Elite Select*	3pm-6pm	3pm-6pm		3pm-6pm		
	Novice/Blue	6pm-730pm	6pm-730pm	6pm-730pm	6pm-730pm		
	AB	6pm-8pm	6pm-8pm	6pm-8pm	6pm-8pm		
BVNW	Elite	315pm-6pm	315pm-6pm	315pm-6pm	315pm-6pm	315pm-6pm	
	Gold Select*	530pm-730pm	530pm-730pm		530pm-730pm		

* = only if assigned double practices by Gold or Senior coach