

# July 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Skills Assessment 10 AM Skills Academy
2	3 Closed	4 Happy 4th of July Closed	5 Attack Academy	6 Private Class Available	7 Shot Trainer Available	8 Skills Academy
9	10 Shooting Academy	11 Shot Trainer Available Private Class Available Mini Biddy/Young Hooper Class	12 Attack Academy	13 Private Class Available	14 Shot Trainer Available	15 Skills Assessment 10 AM Skills Academy
16	17 Shooting Academy	18 Shot Trainer Available Private Class Available Mini Biddy/Young Hooper Class	19 Attack Academy	20 Private Class Available	21 Shot Trainer Available	22 Skills Academy
23/30 Summer Camp Dates July 24 thru 28	24/31 Shooting Academy	25 Shot Trainer Available Private Class Available Mini Biddy/Young Hooper Class	26 Attack Academy	27 Private Class Available	28 Shot Trainer Available	29 Skills Academy

MONDAY / WEDNESDAY Shooting & Attack Academy	SATURDAY Skills Academy
5:30 PM <b>BEGINNER</b> Intro to training. Focus on high reps & fundamentals.	10:00 AM <b>PRIVATE</b> Skill assessment as noted above.
6:40 PM <b>INTERMEDIATE</b> Builds on Beginner class. Prepares athlete for Experienced class.	1:45 PM <b>BEGINNER</b> Intro to training. Focus on high reps and fundamentals.
3:30 PM <b>EXPERIENCE</b> Skill level of a Varsity starter.	11:15 AM <b>MINI BIDDY/ YOUNG HOOPER</b> Intro to movements and actions.
	3:00 PM <b>EXPERIENCE</b> Skill level of a Varsity starter.
	4:00 PM <b>POST/PRIVATE</b> High school and college
	12:30 PM <b>INTERMEDIATE</b> Builds on Beginner class. Prepares athlete for Experienced class.

If you need assistance please call the office at (504) 383-5106. Hours 2pm to 7pm

Reserve your spot. All classes have limited space. (Members also)





Students may be moved to a different class per the instructor's discretion.

### SHOT TRAINER CLASS

TUESDAY & FRIDAY  
Starting at 5 PM  
Last Class 8 PM  
Schedule every 30min

SATURDAY  
Starting at 12:30pm  
Last class 3:30pm  
Schedule every 30 min

### FOLLOW US

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