



**U15-U18 Boys High Performance Academy
Training Schedule
(September 16 – November 7, 2024)**

TEAM	MONDAYS	TUESDAYS	WEDNESDAYS	SATURDAYS	SUNDAYS
HP Academy JV-1	545-700PM	N/A	N/A	600-800PM	530-730PM
HP Academy Varsity	N/A	545-700PM	N/A	600-800PM	530-730PM
HP Academy JV-2	N/A	N/A	545-700PM	600-800PM	530-730PM

*Schedule Subject to Change

*Weight Training will be in addition to 3x On-Court Session (Sept to Nov 7)

**Training Schedule
(November 11 – February 28, 2025)**

TEAM	MONDAYS	TUESDAYS	WEDNESDAYS	SATURDAYS	SUNDAYS
HP Academy JV-1	TBA	TBA	TBA	TBA	TBA
HP Academy Varsity	TBA	TBA	TBA	TBA	TBA
HP Academy JV-2	TBA	TBA	TBA	TBA	TBA

*Off-Court/On-Court schedule will be shared with HP Academy Members (Program will NOT conflict with HS Season)