



Updated August 12, 2020

## **SERVITE ATHLETICS SUMMER TRAINING VOLUNTARY WORKOUTS AUGUST 17-28**

### **Schedule**

Voluntary summer training for all 13 sports will take place August 17-28, Monday-Friday. Days, times and locations will vary based on sport. Please reference additional communication from your coach for specific schedules. Additional information regarding practices times beginning when school starts will be provided at a later date.

#### **Morning Training- Courage Field**

##### **Group 1**

Sports: Soccer, Track & Field, Volleyball, Wrestling

All Levels

Monday-Friday both weeks

Check-in 7:30am

Workout 8:00am-9:15am

##### **Group 2**

Sports: Baseball, Basketball, Lacrosse

All Levels

Monday-Friday both weeks

Check-in 9:30am

Workout 10:00am-11:15am

#### **Afternoon Training**

##### **Football- Courage Field**

All Levels

August 18-21 (Tuesday-Friday)

August 24-27 (Monday-Thursday)

Check-in 3:30pm

Training 4:00pm-6:00pm

##### **Water Polo/Aquatics- Aquatics Center**

Monday-Friday both weeks

Returners-

Check-in 1:00pm

Training 1:30pm-3:00pm  
Freshmen-  
Check-in 2:30pm  
Training 3:00pm-4:30pm

### **Off-Campus**

**Cross Country-** Acacia Park  
All Levels-  
Monday-Friday both weeks  
Training 4:30pm-6:30pm

### **Tennis**

Monday-Friday both weeks  
JV-  
Check-in 2:30pm  
Training 3:00pm-4:00pm  
Varsity-  
Check-in 3:30pm  
Training 4:00pm-5:00pm

### **Golf-** Western Hills

Afternoon training as to be determined by Coach Jako