



BGS Athletic Development Program | Weekly Training & Competition Schedule

Name:

Squad:

Term:

BGS:

In-Season:

Pre-Season:

Off-Season:

EXTERNAL COMMITMENTS:

In-Season:

Pre-Season:

Off-Season:

	MON	TUE	WED	THUR	FRI	SAT	SUN
A.M. 5:00 / 5:30 AM - 6:45 AM							
A.M. 6:45AM - 8:00AM							
DURING SCHOOL (Periods 1 - 4)							
SCHOOL LUNCH BREAK							
DURING SCHOOL (Periods 5 - 6)							
P.M. (3:30 - 5:00pm)							
P.M. (5:00pm Onwards)							