

# Preston Training Schedule

	MONDAY - P	TUESDAY - P	WEDNESDAY - P	THURSDAY - P	FRIDAY -P
<b>OFFICE MANAGER</b>	Griff		Griff		
<b>4:00 - 4:30</b>	<b>JULIO... Ras Coaches choice</b>	<b>PJ... Devin... Coaches choice</b>	<b>PJ... JULIO Coaches choice</b>	<b>PJ... RAS... Coaches choice</b>	<b>RAS... CHASE Coaches choice</b>
<b>Rover</b>	<b>DEVIN</b>	<b>CHASE</b>	<b>EMILIO</b>	<b>TRE</b>	<b>TRE</b>
<b>4:30 - 5:00</b>	<b>Ball Handling Footwork &amp; Attack</b>	<b>Speed &amp; Agility Footwork &amp; Attack</b>	<b>Ball Handling Footwork &amp; Attack</b>	<b>Speed &amp; Agility Footwork &amp; Attack</b>	<b>Ball Handling Footwork &amp; Attack</b>
<b>Rover</b>	<b>DEVIN</b>	<b>CHASE</b>	<b>EMILIO</b>	<b>TRE</b>	<b>TRE</b>
<b>5:00 - 5:30</b>	<b>Speed &amp; Agility Shooting</b>	<b>Ball Handling Footwork &amp; Attack</b>	<b>Speed &amp; Agility Shooting</b>	<b>Ball Handling Footwork &amp; Attack</b>	<b>Speed &amp; Agility Shooting</b>
	<b>DEVIN</b>	<b>CHASE</b>	<b>EMILIO</b>	<b>TRE</b>	<b>TRE</b>
<b>5:30 - 6:00</b>	<b>Shooting Footwork &amp; Attack</b>	<b>Shooting Ball Handling</b>	<b>Shooting Footwork &amp; Attack</b>	<b>Shooting Ball Handling</b>	<b>Shooting Footwork &amp; Attack</b>
<b>Rover</b>	<b>DEVIN</b>	<b>CHASE</b>	<b>EMILIO</b>	<b>TRE</b>	<b>TRE</b>