

11 B NARS SECOND TEAM

TRAINING PLAN

FALL: NOVEMBER & DECEMBER

WINTER: JANUARY & FEBURARY

SPRING: MARCH, APRIL

TRAININGS WILL BE HELD ON SUNDAY EVENINGS AT THE NATIONAL SPORTS CENTER. SCHEDULE WILL BE RELEASED BY SEPETEMBER

LEAGUE PLAN

NO LEAGUE PLAY

TOURNAMENT PLAN

GULF COAST INVITATIONAL **FEB. 6TH - 8TH**

ALL TOURNAMENTS ARE OPITONAL BUT ENCOURAGED FOR PLAYERS TO ATTEND. WE WILL DO OUR BEST TO ALSO WORK WITH HOME CLUB SCHEDULES TO AVOID CONFLICTS