

HS GIRLS NARS FIRST 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

NSC FALL SHOWCASE NOV. 7TH-9TH, DISNEY SHOWCASE, JAN. 15TH-19TH, GULF COAST INVITATIONAL FEB. 6TH - 8TH (OPITIONAL)

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