

Sandy Shores SC - Spring 2018

	Primary	Junior	Intermediate	Senior
Competitive Level	Non-Competitive	Star 1-2	Star 3-5 // Pre-Juv - Juv	Star 6+ // Juvenile - Senior
Target Jumps	1W-1T	1W - 1Lz	1Lz - 2Lz	2Lz - 3Lz
LTAD Commitment	1-2 Days /w	2-3 Days /w	4-5 Days /w	5 Days /w

Junior - Senior
Low intensity for Seniors
• Choreo / Footwork / Edges / Turns etc

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
3:30-						-3:30
3:45-						-3:45
4:00-		Pri Junior - Senior		Pri Junior - Senior		-4:00
4:15-						-4:15
4:30-	Intermediate - Senior	FLOOD	Intermediate - Senior	FLOOD	Intermediate - Senior	-4:30
4:45-		Intermediate - Senior		Intermediate - Senior		-4:45
5:00-	FLOOD		FLOOD		FLOOD	-5:00
5:15-		FLOOD		FLOOD		-5:15
5:30-	Intermediate - Senior	Intermediate - Senior	Intermediate - Senior	Intermediate - Senior	Intermediate - Senior	-5:30
5:45-						-5:45
6:00-						-6:00
6:15-						-6:15