UNIS Athletics and Long-Term Athlete Development

After School Sport Schedule – Winter 2016

Day	Gym 1	Gym 2	Gym 3	JA Gym	Bubble
M 12/5 12/12 1/9 1/23 1/30 2/6 2/13 2/27	VOLLEYBALL **(M1-M4)** (3:00-4:00)	VOLLEYBALL **(M1-M4)** (3:00-4:00)	TAEKWONDO **(JA-M4)** (3:00-4:00)	GYMNASTICS **(JA-J1)** (3:00-4:00)	BASKETBALL **(J2-J4)** (3:00-4:00)
T 12/6 12/13 1/3 1/10 1/17 1/24 1/31 2/7	BASKETBALL **(M1-M2)** (3:00-4:00)	SOCCER **(J2-J4)** (3:00-4:00)	DANCE **(M1-M2)** (4:00-5:00)	DANCE **(J2-J4)** (3:00-4:00)	SOCCER **(J2-J4)** (3:00-4:00)
W 12/7 12/14 1/4 1/11 1/18 1/25 2/1 2/8	SOCCER **(JA-J1)** (3:00-4:00)	SOCCER **(JA-J1)** (3:00-4:00)	DANCE **(JA-J1)** (3:00-4:00)	UNIS TEAM PRACTICE (3:00-4:00)	VOLLEYBALL **(J2-J4)** (3:00-4:00)
TH 12/8 12/15 1/5 1/12 1/19 1/26 2/2 2/9	UNIS TEAM PRACTICE (3:00-4:00)	UNIS TEAM PRACTICE (3:00-4:00)	UNIS TEAM PRACTICE (3:00-4:00)	GYMNASTICS **(J2-J4)** (3:00-4:00)	SOCCER **(M1-M2)** (3:00-4:00)
F 12/9 12/16 1/6 1/13 1/20 1/27 2/3 2/10	INTRAMURALS **(M1-M2)** (3:00-4:00)	INTRAMURALS **(M1-M2)** (3:00-4:00)	INTRAMURALS **(M3-M4 Boys)** (3:00-4:00)	UNIS TEAM PRACTICE (3:00-4:00)	INTRAMURALS **(M3-M4 Girls)** (3:00-4:00)