







UNIS Athletics and Long-Term Athlete Development After School Sport Schedule – Spring 2017

Day	Gym 1	Gym 2	Gym 3	JA Gym	Bubble	Roof 1	Roof 2
M 3/13 4/3 4/10 4/17 5/1 5/8 5/15 5/22	 BASKETBALL (J2-J4) (3:00-4:00)	 VOLLEYBALL (M1-M4) (3:00-4:00)	 TAEKWONDO (JA-M4) (3:00-4:00)	 MULTISPORTS (JA-J1) (3:00-4:00)	 TENNIS (M1-M4) (3:00-4:00)	 TENNIS (M1-M4) (3:00-4:00)	 GOTR (3:00-4:30)
T 3/14 4/4 4/11 4/18 4/25 5/2 5/9 5/16	 BASKETBALL (M1-M2) (3:00-4:00)	 VOLLEYBALL (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)	 SOCCER (J2-J4) (3:00-4:00)	 UNIS TEAM PRACTICE (3:00-4:00)
W 3/15 4/5 4/12 4/19 4/26 5/3 5/10 5/17	 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)	 TENNIS (J2-J4) (3:00-4:00)	 TENNIS (J2-J4) (3:00-4:00)	 GOTR (3:00-4:30)
TH 3/16 4/6 4/13 4/20 4/27 5/4 5/11 5/18	 UNIS TEAM PRACTICE (3:00-4:00)	 UNIS TEAM PRACTICE (3:00-4:00)	 UNIS TEAM PRACTICE (3:00-4:00)	 MULTISPORTS (J2-J4) (3:00-4:00)	 BB/SB THROWING PROGRAM (M3-T4) (3:00-4:15)*	 SOCCER (M1-M2) (3:00-4:00)	 UNIS TEAM PRACTICE (3:00-4:00)
F 3/17 4/7 4/14 4/28 5/5 5/12 5/19 5/26	 INTRAMURALS (M3-M4 Boys) (3:00-4:00)	 UNIS TEAM PRACTICE (3:00-4:00)	 UNIS TEAM PRACTICE (3:00-4:00)	 UNIS TEAM PRACTICE (3:00-4:00)	 INTRAMURALS (M3-M4 Girls) (3:00-4:00)	 INTRAMURALS (M1-M2) (3:00-4:00)	 INTRAMURALS (M1-M2) (3:00-4:00)

**Dates for throwing program: 2/9, 2/16, 2/23, 3/2, 3/9, 3/16. Available only to M3-T4 pitchers who have declared interest in participating for baseball/softball in the spring season.*