



# SPEED, AGILITY, QUICKNESS TRAINING

## WINTER 2012 SCHEDULE

**Wednesdays, Feb 22, 29, Mar 7, 14, 21, 28 Apr 11**

**Training will be held at Total Sports Wixom, Old Trafford Field**

<b>Age Group</b>	<b>Coach</b>	<b>Training Time</b>
U13 Boys Black	Seargeant	7:30 - 8:30 pm
U13 Boys Green	Tinnion	7:30 - 8:30 pm
U13 Boys White	Karamuco	7:30 - 8:30 pm
U13 Girls Black	AlSamarraie	7:30 - 8:30 pm
U13 Girls Green	Dalzochio	7:30 - 8:30 pm
U13 Girls White	Grewe	7:30 - 8:30 pm
U14 Boys Gold	Emert17	7:30 - 8:30 pm
U14 Boys Green	Scobie	7:30 - 8:30 pm
U14 Boys White	Seargeant	7:30 - 8:30 pm
U15 Boys Black	Al-Samarraie	7:30 - 8:30 pm
U15 Boys Green	Tinnion	7:30 - 8:30 pm
U15 Boys White	King	7:30 - 8:30 pm
U16 Boys Black	Karamuco	4:30 - 5:30 pm
U16 Boys Gold	Emert	4:30 - 5:30 pm
U16 Boys Green	Scott	4:30 - 5:30 pm
U16 Boys Silver	Karamuco	4:30 - 5:30 pm
U16 Boys White	Seargeant	4:30 - 5:30 pm
U17 Boys Green	Dalzochio	4:30 - 5:30 pm
U17 Boys White	Emert	4:30 - 5:30 pm
U18 Boys Green	Seargeant	4:30 - 5:30 pm
U18 Boys White	Dalzochio	4:30 - 5:30 pm

**WWW.MICHIGANJAGUARS.ORG/TRAINING**