

**TRILOGY SPRING TRAINING SAMPLE WEEKLY SCHEDULE**

	SUN	MON	TUES	WED	THURS	FRI
6:00 AM						
7:00 AM		7:00 Breakfast	7:00 Breakfast		7:00 Breakfast	7:00 Breakfast
8:00 AM		8:00 Weight Room	8:00 Weight Room	7:30 Breakfast		
9:00 AM		9:00-11:00 Field Session	9:00-11:00 Field Session	9:00-11:00 Field Session	9:00-11:00 Field Session	9:00-10:00 Field Session
10:00 AM						
11:00 AM		11:00 Therapy Pools	11:00 Therapy Pools	11:00 Therapy Pools	11:00 Therapy Pools	11:30 Lunch
12:00 PM		12:00 Lunch	12:00 Lunch	12:00 Lunch	12:00 Lunch	12:30 Coach Bus from Casa Grande to PHX
1:00 PM				1:00-5:00 Off-Site Trip		
2:00 PM	3:00 Coach Bus from PHX to Casa Grande	1:30-3:30 Field Session	1:30-3:30 Field Session		1:30-3:30 Field Session	
3:00 PM	3:00 Arrive at Hotel					
	3:15 Spring Training Check In	3:30 Classroom Session	3:30 Classroom Session		3:30 Classroom Session	
4:00 PM	3:30 Facility Tour					
5:00 PM		5:00 Dinner	5:00 Dinner		5:00 Dinner	
	5:30 Dinner in Ballroom			5:30 Dinner		
6:00 PM	6:00 All Camp Meeting in Ballroom	6:00-9:00 - Scrimmage #1 Scrimmage will start at either 6:00, 7:00, or 7:30	6:00-9:00 - Scrimmage #2 Scrimmage will start at either 6:00, 7:00, or 7:30		6:00-9:00 - Scrimmage #3 Scrimmage will start at either 6:00, 7:00, or 7:30	
7:00 PM	7:00 Field Session			7:00 Field Session		
8:00 PM						
9:00 PM	9:00 Classroom Session					
10:00 PM	10:00 Players in Hotel 10:30 Lights Out	10:00 Players in Hotel 10:30: Lights Out	10:00 Players in Hotel 10:30: Lights Out	10:00 Players in Hotel 10:30: Lights Out	10:00 Players in Hotel 10:30: Lights Out	
11:00 PM						