



## High School Athlete Year-Round Training Options

<b>Dates</b>	<b>JAC Services</b>	<b>Notes</b>
August	Lessons only, by appointment	<a href="#">Active recovery month, see lesson page for options</a>
September- End of November	Fall Club	<a href="#">Click here for Fall Club information</a>
December- January	Winter Training	<a href="#">Click here for Winter Training</a>
February - End of April	Training during HS season	<a href="#">Click here for training schedule during the high school season</a>
May- End of July	Summer Club	<a href="#">Click here for Summer Club information</a>