

SEASONAL BREAKDOWN

Sport	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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Spring/Summer

Baseball	Pre-Season		In Season			Post	Off Season				
Tennis	Pre-Season		In Season			Post	Off Season				
Track/Field	Pre-Season		In Season			Post	Off Season				
Lacrosse	Pre-Season		In Season			Post	Off Season				

Winter

Basketball	In Season		Post	Off Season			Pre Season		In Season	
Hockey	In Season		Post	Off Season			Pre Season		In Season	
Wrestling	In Season		Post	Off Season			Pre Season		In Season	

Fall

Football	Post	Off Season			Pre Season		In Season		
Soccer	Post	Off Season			Pre Season		In Season		
Volleyball	Post	Off Season			Pre Season		In Season		

Seasons Key

Pre-Season			In-Season			Post-Season		Off-Season		
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Better Athletic Development

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Mission: To educate and assist athletes in reaching the highest level of play possible, maximizing their athletic potential