

Training Schedule

| Time | | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|-----------------|----------|----------------|---------------|----------------|---------------|----------------|--------|
| 15:15 – 16:45 | Court/Field One | | JV Girls' | U14 Boys' | JV Girls' | U14 Boys' | JV Boys' | |
| | Court/Field Two | | Varsity Girls' | U14 Girls' | Varsity Girls' | U14 Girls' | Varsity Boys' | |
| 16:45 – 18:30 | Court/Field One | | JV Boys' | | JV Boys' | | JV Girls | |
| | Court/Field Two | | Varsity Boys' | | Varsity Boys' | | Varsity Girls' | |
| | | | | | | | | |
| Game Days | | | | 16:30 – 18:30 | 16:30 – 18:00 | 16:30 – 18:30 | | |

| Season One 6 th September 2014 – 15 th November 2014 | Season Two 15 th November 2014 – 15 th February 2015 | Season Three 6 th January 2015 – 15 th March 2015 |
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| <p style="text-align: center;">Emirates Athletic Conference</p> U14 boys' volleyball U14 girls' volleyball Junior varsity boys' volleyball Junior varsity girls' volleyball Varsity boys' volleyball Varsity girls' volleyball | <p style="text-align: center;">Emirates Athletic Conference</p> U14 boys' basketball U14 girls' basketball Junior varsity boys' basketball Junior varsity girls' basketball Varsity boys' basketball Varsity girls' basketball U14 boys' soccer U14 girls' soccer Junior varsity boys' soccer Junior varsity girls' soccer Varsity boys' soccer Varsity girls' soccer U14 boys' cross country U14 girls' cross country Junior varsity boys' cross country Junior varsity girls' cross country Varsity boys' cross country Varsity girls' cross country | <p style="text-align: center;">Emirates Athletic Conference</p> U14 boys' softball U14 girls' softball JV Boys' baseball Varsity boys' baseball JV girls' softball Varsity girls' softball U14 boys' badminton U14 girls' badminton JV boys' badminton Varsity boys' badminton JV girls' badminton Varsity girls badminton U14 track JV track Varsity track |
| <p style="text-align: center;">Junior Emirates Athletic Conference</p> Grade 4 boys' soccer Grade 4 girls' soccer Grade 5 boys' soccer Grade 5 girls' soccer Grade 6 boys' soccer Grade 6 girls' soccer | | <p style="text-align: center;">Junior Emirates Athletic Conference</p> Grade 4 boys' basketball Grade 4 girls' basketball Grade 5 boys' basketball Grade 5 girls' basketball Grade 6 boys' basketball Grade 6 girls' basketball |
| <p style="text-align: center;">Abu Dhabi Athletic School Sports Association</p> U9 soccer U19 Boys' soccer | | |