**Boys indoor groups**

**These groups are not set in stone. If you want to move up a group……excel in the group you are in and advocate for yourself (it’s open for discussion). If you think you are in the wrong group because you're not ready for the workload….. That’s ok too, just speak up.**

**1A max velocity (holding top speed ) with higher volume**

 **(seasoned athletes who worked out this summer and did the continuous tempo for at least 40 minutes)**

Kotel Dazilme

Shuck Basile

Tatum Medina

R. Pitts Williams

DiGiacomo Wilson??

Fisher

**1B max velocity (holding top speed ) with less volume**

 **(seasoned athletes with nothing aerobic to show they are ready for the increased workload)**

Santos Crean

Zacamy Aboyme

Barclift C. Ellis

Joyner McAndrews

McCoy

Leo Li

**2A acceleration and speed development ….more volume**

 **( track athletes still developing speed )**

K. Pitts Mouradjian

Ramos DiNardo

DiEgidio

Dias

Speiser

**2B acceleration and speed development …..less volume**

 **(first year track people)**

DiBlasio D. Meijia Pitts Patel Kennedy Cole

Dill Lam Schwartz Kuss DeVecchis

Gheorge Pascarella Beahr Parsons Wezet

Marshall Weatherby Franchi Steinbeck

I.Ortiz Small Strate Jr. King