



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:30											6:30
6:45											6:45
7:00		7-8am Elite Workout				7-8am Elite Workout		7-8am Elite Workout			7:00
7:15		Elite Workout				Elite Workout		Elite Workout			7:15
7:30		Skills				Skills		Shooting			7:30
7:45											7:45
8:00											8:00
8:15											8:15
8:30											8:30
8:45											8:45
9:00											9:00
9:15		# practices	Grade	Practice Group		Grade	# practices				9:15
9:30		2	2	Mini Ball Co-ed		2	2		9:30-11am	9:30-11am	9:30
9:45			3			3					9:45
10:00		3	4	U11/U10 Co-ed		4	3		Mini Ball Co-ed	U11/U10 Co-ed	10:00
10:15			5			5			(Gr. 3 & 2)	(Gr. 5 & 4)	10:15
10:30		4	6	U13/U12	U13/U12	6	4				10:30
10:45			7	Girls	Boys	7					10:45
11:00		3	8	U15	U15	8	3				11:00
11:15			9	Girls	Boys	9			11-12:30pm	11-12:30pm	11:15
11:30		4	9	U17	U16	9	4		U13/U12 Boys	U13/U12 Girls	11:30
11:45			10	Elit Girls	Elite Boys	10			(Gr. 7 & 6)	(Gr. 7 & 6)	11:45
12:00											12:00
12:15											12:15
12:30											12:30
12:45											12:45
13:00											13:00
13:15											13:15
13:30											13:30
13:45											13:45
14:00											14:00
14:15											14:15
14:30											14:30
14:45											14:45
15:00											15:00
15:15											15:15
15:30	3:30-5pm	3:30-5pm	3:30-5pm	3:30-5pm	3:30-5pm	3:30-5pm	3:30-5pm	3:30-4:45pm	3:30-4:45pm	3:30-4:45pm	15:30
15:45											15:45
16:00	U16	U15	U16	U17	U16	U15	U15	U17	U15	U15	16:00
16:15	Elite Boys	Boys	Elite Boys	Elite Girls	Elite Boys	Boys	Boys	Elite Girls	Girls	Girls	16:15
16:30											16:30
16:45											16:45
17:00	5-6:30pm		5-6:30pm	5-6:30pm	5-6:30pm	5-6:30pm	4:45-6pm	4:45-6pm	4:45-6pm		17:00
17:15							U13/U12	U13/U12	U13/U12/U11/U10		17:15
17:30							Boys	Girls	Girls		17:30
17:45							(Gr. 7 & 6)	(Gr. 7 & 6)	(Gr. 7,6,5 & 4)		17:45
18:00											18:00
18:15											18:15
18:30	6:30-8pm	6:30-8pm	6:30-8pm		6:30-8pm	6:30-8pm	6-8pm		6-8pm		18:30
18:45							Church Activity		Church Activity		18:45
19:00											19:00
19:15	U17	U15	U13/U12		U17	U15					19:15
19:30	Elite Girls	Girls	Boys		Elite Girls	Girls					19:30
19:45			(Gr. 7 & 6)								19:45
20:00							8:00-9:30pm				20:00
20:15											20:15
20:30											20:30
20:45											20:45
21:00											21:00
21:15											21:15
21:30											21:30