



## 2021-22 Training Schedule

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Performance	AM		5:15-7:30am		5:15-7:30am		6:45-9:00am, 10:00-11:15am (dry)
	PM	3:45-6:00pm	3:45-5:00pm (dry)	3:45-6:00pm	3:45-5:00pm (dry)	3:45-6:00pm	
Senior Development	AM		5:15-7:30am		5:15-7:30am		6:45-9:00am, 10:00-11:15am (dry)
	PM	3:45-6:00pm	3:45-5:00pm (dry)	3:45-6:00pm	3:45-5:00pm (dry)	3:45-6:00pm	
Junior Performance	AM			5:45-7:30am		5:45-7:30am	5:45-8:00am
	PM	3:45-5:30pm	4:45-7:00pm		4:45-7:00pm		
Junior Development	AM			5:45-7:30am			5:45-8:00am
	PM	5:15-7:00pm				5:15-7:00pm	
Novice Blue	AM						7:30-9:00am
	PM	5:45-7:00pm		5:45-7:00pm		5:45-7:00pm	
Novice White	AM						
	PM	5:45-7:00pm		5:45-7:00pm		5:45-7:00pm	
LTC: Blue	AM						
	PM	4:00-5:15pm		4:00-5:15pm			
LTC: White	AM						
	PM	5:30-6:45pm		5:30-6:45pm			
LTC: Intro (4-5pm) (Sessional)	AM					4:00-5:00pm	
	PM						
LTC: Intro (5-6pm) (Sessional)	AM						
	PM					5:00-6:00pm	
Regional Development (Mon/Wed)	AM						
	PM	6:45-8:00pm		6:45-8:00pm			
Regional Development (Tues/Thurs)	PM		6:45-8:00pm		6:45-8:00pm		
Regional Development (Sat)	AM						7:45-9:00am
	PM						

\*This schedule is subject to change based on pool/coach time and availability.

September 9, 2021 - Draft - This Schedule may Change pending pool allocation