## Start Up Schedule for Performance Groups September 24 - October 8, 2023 Full Schedule starts after Thanksgiving

All workouts at Kinsmen Sports Centre unless otherwise noted

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Sep 11	Sep 12	Sep 13	Sep 14	Sep 15	Sep 16	Sep 17
r National	3:00-4:30pm (Varsity)	3:00-4:30pm (Varsity)	3:00-5:00pm (Varsity)	3:00-4:30pm (Varsity)	3:00-4:30pm (Varsity)		
	3:30-5:00pm (SrNat)	3:30-5:00pm (SrNat)	. , , , ,	3:30-5:00pm (SrNat)	3:30-5:00pm (SrNat)		
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Ir National	5:00-6:00pm	5:00-6:30pm	5:00-6:30pm				
Sr Provincial							
n i rovinciai							
Ir Provincial							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Sep 18	Sep 19	Sep 20	Sep 21	Sep 22	Sep 23	Sep 24
Sr National	3:00-5:00pm (all)	3:00-5:00pm (all)	3:00-5:00pm (all)	3:00-5:00pm (all)	5:45-7:30am (Varsity)		
Jr National	5:00-6:45pm	5:45-7:30am	5:00-6:30pm	5:45-7:30am			
					Annual Alberta Coaches' Conference in Canmore, AB		
Sr Provincial	6:45-8:00pm		6:00-7:30am	5:00-6:30pm			
r Provincial		5:00-6:30pm	6:00-7:30am	5:00-6:30pm			
ii Fiovinciai		3.00-0.30pm	0.00-7.30am	3.00-0.30pm			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Sep 25	Sep 26	Sep 27	Sep 28	Sep 29	Sep 30	Oct 1
Sr National	5:45-7:30am				5:45-7:30am (half)	7:00-9:00am	
	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm (half)		
Ir National	5:00-6:30pm	5:45-7:30am	5:45-7:30am	5:00-6:30pm	4:00-5:30pm		
						OFF	
Sr Provincial	6:30-8:00pm	5:00-6:30pm	6:00-7:30am		6:00-7:30am	Truth & Reconciliation	
Jr Provincial	6:00-7:30am		5:00-6:30pm	6:00-7:30am	5:30-6:45pm		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 2	Oct 3	Oct 4	Oct 5	Oct 6	Oct 7	Oct 8
Sr National	5:45-7:30am				5:45-7:30am (half)	7:00-9:00am	
	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm (half)		
	5.00.6.20	5 45 7 20	5 45 7 20	5.00.6.20	4.00.5.20	7.00.0.00	
Ir National	5:00-6:30pm	5:45-7:30am	5:45-7:30am	5:00-6:30pm	4:00-5:30pm	7:00-9:00am	
		F.00 C.20nm	6:00-7:30am	6:00-7:30am	5:30-6:45pm		
Sr Provincial		15:UU-p:3UDM					
Sr Provincial		5:00-6:30pm	0.00-7.30am		·		
Sr Provincial Ir Provincial	6:00-7:30am	5:00-6:30pm	5:00-6:30pm		6:00-7:30am	7:00-9:00am (Don W)	