

January 2024				January 2024			
		HP				AGD	
Monday	1	off		Monday	1	off	
Tuesday	2	6:00 - 8:00 AM	CCAC	Tuesday	2	4:00 - 5:30 pm	CCAC
		2:30 - 5:00 pm	CCAC	Wednesday	3	6:00 - 7:45 AM	CCAC
Wednesday	3	2:30 - 5:00 pm	CCAC			4:45 - 5:45 pm	CCAC
Thursday	4	6:00 - 8:00 AM	CCAC	Thursday	4	4:00 - 5:30 pm	CCAC
		2:30 - 5:00 pm	CCAC	Friday	5	6:00 - 7:45 AM	CCAC
Friday	5	2:30 - 5:00 pm	CCAC	Saturday	6	7:30 - 9:00 AM	CCAC
Saturday	6	9:30 - 11:30 pm Parent Meeting 11:30 - 12:00 pm	CCAC	Sunday	7	x	
Sunday	7	x	CCAC	Monday	8	4:00 - 5:30 pm	CCAC
Monday	8	3:00 - 5:00 pm	CCAC	Tuesday	9	4:00 - 5:30 pm	CCAC
Tuesday	9	6:00 - 8:00 AM	CCAC	Wednesday	10	6:00 - 7:45 AM	CCAC
		3:00 - 5:00 pm	CCAC			4:45 - 5:45 pm	CCAC
Wednesday	10	3:00 - 5:00 pm	CCAC	Thursday	11	4:00 - 5:30 pm	CCAC
Thursday	11	6:00 - 8:00 AM	CCAC	Friday	12	6:00 - 7:45 AM	CCAC
		3:00 - 5:00 pm	CCAC	Saturday	13	6:00 - 7:30 AM	CCAC
Friday	12	3:00 - 5:00 pm	CCAC	Sunday	14	x	
Saturday	13	6:00 - 8:00 AM	CCAC	Monday	15	4:00 - 5:30 pm	CCAC
Sunday	14	x	CCAC	Tuesday	16	4:00 - 5:30 pm	CCAC
Monday	15	3:00 - 5:00 pm	CCAC	Wednesday	17	6:00 - 7:45 AM	CCAC
Tuesday	16	6:00 - 8:00 AM	CCAC			4:30 - 6:00 pm	CCAC
		3:00 - 5:00 pm	CCAC	Thursday	18	4:00 - 5:30 pm	CCAC
Wednesday	17	4:30 - 6:00 pm	CCAC	Friday	19	No Practice - due to Water Polo Tournament	
Thursday	18	6:00 - 8:00 AM	CCAC	Saturday	20	UBC Winter Warm-Up LC / 6:00 - 7:00 AM	CCAC
		3:00 - 5:00 pm	CCAC	Sunday	21	x	
Friday	19	No Practice - due to Water Polo Tournament		Monday	22	4:00 - 5:30 pm	CCAC
Saturday	20	UBC Winter Warm-Up LC	UBC	Tuesday	23	4:00 - 5:30 pm	CCAC
Sunday	21	x	CCAC	Wednesday	24	6:00 - 7:45 AM	CCAC
Monday	22	3:00 - 5:00 pm	CCAC			4:45 - 5:45 pm	CCAC
Tuesday	23	6:00 - 8:00 AM	CCAC	Thursday	25	4:00 - 5:30 pm	CCAC
		3:00 - 5:00 pm	CCAC	Friday	26	6:00 - 7:45 AM / SKSC LC Invite - Prov QT	CCAC
Wednesday	24	3:00 - 5:00 pm	CCAC	Saturday	27	SKSC SC Winter FEST	Surrey
Thursday	25	6:00 - 8:00 AM	CCAC	Sunday	28	SKSC SC Winter FEST	Surrey
		3:00 - 5:00 pm	CCAC	Monday	29	4:00 - 5:30 pm	CCAC
Friday	26	SKSC LC Invite - Prov QT	Surrey	Tuesday	30	4:00 - 5:30 pm	CCAC
Saturday	27	SKSC SC Winter FEST	Surrey	Wednesday	31	6:00 - 7:45 AM	CCAC
Sunday	28	SKSC SC Winter FEST	Surrey			4:45 - 5:45 pm	CCAC
Monday	29	3:00 - 5:00 pm	CCAC				
Tuesday	30	6:00 - 8:00 AM	CCAC				
		3:00 - 5:00 pm	CCAC				
Wednesday	31	3:00 - 5:00 pm	CCAC				
January 2024				January 2024			
		13 + Provincial				13 & under	
Monday	1	off		Monday	1	off	
Tuesday	2	5:30 - 6:45 pm	CCAC	Tuesday	2	4:00 - 5:30 pm	CCAC
Wednesday	3	4:00 - 5:30 pm	CCAC	Wednesday	3	6:30 - 7:45 AM	CCAC
Thursday	4	5:30 - 6:45 pm	CCAC	Thursday	4	4:00 - 5:30 pm	CCAC
Friday	5	4:00 - 5:30 pm	CCAC	Friday	5	6:30 - 7:45 AM	CCAC
Saturday	6	6:00 - 7:30 AM Parent Meeting 6:30 - 7:10 AM	CCAC	Saturday	6	7:30 - 9:00 AM Parent Meeting 8:30 - 9:00 AM	CCAC
Sunday	7	x		Sunday	7	x	
Monday	8	6:30 - 7:45 AM	CCAC	Monday	8	5:30 - 6:45 pm	CCAC
Tuesday	9	5:30 - 6:45 pm	CCAC	Tuesday	9	x	
Wednesday	10	4:00 - 5:30 pm	CCAC	Wednesday	10	6:30 - 7:45 AM	CCAC
Thursday	11	Dry-land see coach Nick	CCAC	Thursday	11	5:30 - 6:45 pm	CCAC

January 2024		GR 2			January 2024		GR 1	
Monday	15	x			Monday	15	5:45 - 6:30 pm	CCAC
Tuesday	16	x			Tuesday	16	x	CCAC
Wednesday	17	Canceled			Wednesday	17	x	
Thursday	18	x			Thursday	18	x	CCAC
Friday	19	x			Friday	19	x	
Saturday	20	No Practice - due to Water Polo Tournament			Saturday	20	No Practice - due to Water Polo Tournament	
Sunday	21	x			Sunday	21	x	
Monday	22	x			Monday	22	5:45 - 6:30 pm	CCAC
Tuesday	23	x			Tuesday	23	x	CCAC
Wednesday	24	5:45 - 6:30 pm	CCAC		Wednesday	24	x	
Thursday	25	x			Thursday	25	x	CCAC
Friday	26	x			Friday	26	x	
Saturday	27	Hyack Grassroots Micro Meet	CCAC		Saturday	27	Hyack Grassroots Micro Meet	CCAC
Sunday	28	x			Sunday	28	x	
Monday	29	x			Monday	29	5:45 - 6:30 pm	CCAC
Tuesday	30	x			Tuesday	30	x	CCAC
Wednesday	31	5:45 - 6:30 pm	CCAC		Wednesday	31	x	
		STI - Monday group					STI - Wednesday group	
January 2024					January 2024			
Monday	8	4:00 - 4:45 pm	CCAC		Wednesday	10	4:00 - 4:45 pm	CCAC
Monday	15	4:00 - 4:45 pm	CCAC		Wednesday	17	Canceled	
Monday	22	4:00 - 4:45 pm	CCAC		Wednesday	24	4:00 - 4:45 pm	CCAC
Monday	29	4:00 - 4:45 pm	CCAC		Wednesday	31	4:00 - 4:45 pm	CCAC
		High School group						
January 2024								
Saturday	6	11:30 - 12:30 pm	CCAC					
Saturday	13	1:00 - 2:00 pm	CCAC					
Saturday	20	8:00 - 9:00 AM	CCAC					
Saturday	27	11:30 - 12:30 pm	CCAC					