

Junior National Development - December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Weights 5-5:45pm 5:45 - 7:15pm UofC	2 5:30 - 7:15am [5:15 on deck]
3	4 3:40 Activation 4:00-5:45pm UofC Weights 6-7pm	5 6-7:30am [5:45 on deck]	6 3:40 Activation 4:00-6:00pm UofC	7 OFF <i>Travel to B.C.</i>	8 PCS Christmas Cracker	9 PCS Christmas Cracker
10 PCS Christmas Cracker	11 OFF	12 OFF	13 3:40 Activation 4:00-6:00pm UofC	14 3:40 Activation 4:00-6:00pm UofC	15 Weights 3-4pm 4:00-6:00pm UofC	16 1:30-3:30 Swim
17	18 3:40 Activation 4:00-5:45pm UofC Weights 6-7pm	19 6-7:30am [5:45 on deck]	20 CASC LC Meet	21 OFF 6:00 - 7:00pm U of C	22 OFF - HOLIDAY BREAK	23
24	25	26	27	28	29	30
OFF - HOLIDAY BREAK						

* All workouts will be at the University of Calgary pool unless otherwise noted (CH= Churchill, SD=Shouldice, FH=Foothills)