

### Junior National Development - June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4 Swim 6:15-7:30 (on deck 6am)	5	6 5:30-7:30am [5:15 on deck]	7	8 6-8am [5:45 on deck]
CSI	OFF		Banquet - no swim	5:30 - 7:00pm [5:30 dry, 6:00 swim]	Weights 5-5:45pm 5:45 - 7:45pm UofC	
9	10 3:40 Activation 4:00-5:45pm UofC Weights 6-7pm	11 5:30-7:30am [5:15 on deck]	12 3:40 Activation 4:00-6:00pm UofC	13 5:30-7:30am [5:15 on deck]	14 Weights 5-5:45pm 5:45 - 7:45pm UofC	15 6-8am [5:45 on deck]
16	17 3:40 Activation 4:00-5:45pm UofC Weights 6-7pm	18 5:30-7:30am [5:15 on deck]	19 3:40 Activation 4:00-6:00pm UofC	20 5:30-7:30am [5:15 on deck]	21 Weights 5-5:45pm 5:45 - 7:45pm UofC	22 6-8am [5:45 on deck]
23	24 3:40 Activation 4:00-5:45pm UofC Weights 6-7pm	25 6:30-8am Silver Springs	26 3:40 Activation 4:00-6:00pm UofC	27 6:00-7:30am [5:45 on deck]	28 Team Champs	29 6-8am [5:45 on deck]
30	01-Jul OFF	02-Jul 6:30-8am Silver Springs	03-Jul **7:00-8:00am U of C	04-Jul	05-Jul EKI	06-Jul

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