

Team Schedules for Athletes Born 2006 to 2011 only.							
Chinook	Mon	Tues	Wednesday	Thursday	Fri	Sat	Sun
						Performance2 8-11am	
		Performance2 5-8pm		Performance2 5-8pm	Sport2A 5-7pm	Sport2B 1-3pm	Sport2A 4-6pm
	Development2 5-7pm	Sport2B 5-7pm	Development2 5-8pm				

Stronghold	Mon	Tues	Wednesday	Thursday	Fri	Sat	Sun
						Sport2 1-3pm	
				Sport2 5-7pm			
	Development2 5-7pm		Development2 5-8pm				

Hanger	Mon	Tues	Wednesday	Thursday	Fri	Sat	Sun
					Sport2A 5-7pm		Sport2A 4-6pm
	Sport2B 5-7pm	Development2 5-7pm	Sport2B 5-7pm	Development2 5-8pm			

Rocky Mtn	Mon	Tues	Wednesday	Thursday	Fri	Sat	Sun
		Sport2B 4-6pm		Sport2B 4-6pm		Elite2 8-11am	
					Sport2A 5-7pm		Sport2A 4-6pm
	Development2 5-7pm	Elite2 6-9pm	Development2 5-8pm	Elite2 6-9pm			
						All Dev2 optional 4-6pm	All Performance and Elite
					Speed Club 7-9pm		Optional 6-8pm

Names sport, development, performance, elite by year of birth. #2 (Born 2006 & later) and #1 (Born 2000 to 2005)

#1 is **Born 2000 to 2005**. Approx. for ages 13 to 18. Youth B, Youth A and Junior Category athletes.

#2 is **Born 2006 and later**. Approx. for ages 8 to 12. Youth C and D category athletes.

teams Sport is entry level training teams. Twice a week. 4 hours.

Development is intermediate/advanced teams. Twice a week. 5 hours. Plus optional at RM on Saturdays.

Performance and Elite. Advanced teams. Three times a week. 9 hrs. Plus optional at RM on Sundays

All youth teams are 8:1 (except for elite which is 6:1)