

Team Schedules							
Chinook	Mon	Tues	Wednesday	Thursday	Fri	Sat	Sun
						Performance1 8-11am	
		Performance1 5-8pm		Performance1 5-8pm		Performance2 8-11am	Sport1A 1-3pm
	Development1 5-7pm	Performance2 5-8pm	Development1 5-8pm	Performance2 5-8pm	Sport2A 5-7pm	Sport2B 1-3pm	Sport2A 4-6pm
	Development2 5-7pm	Sport2B 5-7pm	Development2 5-8pm	Sport1B 5-7pm	Sport1A 6-8pm	Sport1B 4-6pm	
		Adult AM 7-10pm		Adult AM 7-10pm			

Stronghold	Mon	Tues	Wednesday	Thursday	Fri	Sat	Sun
		Performance1A 6-8am		Performance1A 6-8am		Performance1A 8-11am	
						Performance1B 8-11am	
						Sport2 1-3pm	
	Development1 5-7pm	Performance1B 5:30-8:30pm	Development1 5-8pm	Sport2 5-7pm	Sport1 5-7pm		Sport1 5-7pm
	Development2 5-7pm		Development2 5-8pm	Performance1B 5:30-8:30pm			

Hanger	Mon	Tues	Wednesday	Thursday	Fri	Sat	Sun
							Sport1A 1-3pm
	Sport1B 5-7pm	Development1 5-7pm	Sport1B 5-7pm	Development1 5-8pm	Sport2A 5-7pm		Sport2A 4-6pm
	Sport2B 5-7pm	Development2 5-7pm	Sport2B 5-7pm	Development2 5-8pm	Sport1A 6-8pm		

Rocky Mtn	Mon	Tues	Wednesday	Thursday	Fri	Sat	Sun
		Sport1B 4-6pm		Sport1B 4-6pm		Elite1 8-11am	
		Sport2B 4-6pm		Sport2B 4-6pm		Elite2 8-11am	Sport1A 1-3pm
	Development1 5-7pm	Elite1 6-9pm	Development1 5-8pm	Elite1 6-9pm	Sport2A 5-7pm		Sport2A 4-6pm
	Development2 5-7pm	Elite2 6-9pm	Development2 5-8pm	Elite2 6-9pm	Sport1A 6-8pm		
	Adult Pro 7-10pm		Adult Pro 7-10pm			All Dev2 optional 4-6pm	All Performance and Elite
					Speed Club 7-9pm	All Dev1 optional 6-8pm	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)