

North Van/West Van Field Hockey Academy Schedule							
Week #	Day	Date	Location and Time	WV/NV	NV hrs	WV hrs	Content Overview
Tuesday, September 5 is the first day of school							
1	Wed	6-Sep	1.30-3PM Rutledge Field	All	1.5	1.5	BLOCK 1: OUTDOOR. Technical & tactical training. Physical focus: improving fundamental movement patterns & establishing good athletic foundation.
	Fri	8-Sep	1.30-3PM Rutledge Field	All	1.5	1.5	
2	Tues	12-Sep	1.30-3PM Rutledge Field	All	1.5	1.5	
	Thurs	14-Sep	1.30-3PM Rutledge Field	All	1.5	1.5	
3	Mon	18-Sep	1.30-3PM Rutledge Field	All	1.5	1.5	
	Wed	20-Sep	1.30-3PM Rutledge Field	All	1.5	1.5	
	Fri	22-Sep	Pro-D Day	x	Pro D	Pro D	
4	Tues	26-Sep	1.30-3PM Rutledge Field	All	1.5	1.5	
	Thurs	28-Sep	1.30-3PM Rutledge Field	All	1.5	1.5	
5	Mon	2-Oct	1.30-3PM Rutledge Field	All	1.5	1.5	
	Wed	4-Oct	1.30-3PM Rutledge Field	All	1.5	1.5	
	Fri	6-Oct	1.30-3PM Rutledge Field	All	1.5	1.5	
6	Tues	10-Oct	1.30-3PM Rutledge Field	All	1.5	1.5	
	Thurs	12-Oct	1.30-3PM Rutledge Field	All	1.5	1.5	
7	Mon	1-Oct	1.30-3PM Rutledge Field	All	1.5	1.5	
	Wed	18-Oct	1.30-3PM Rutledge Field	All	1.5	1.5	
	Fri	20-Oct	Pro-D Day	x	x	x	
8	Tues	24-Oct	1.30-3PM Rutledge Field	All	1.5	1.5	
	Thurs	26-Oct	1.30-3PM Rutledge Field	All	1.5	1.5	
9	Mon	30-Oct	1.30-3PM Rutledge Field	All	1.5	1.5	
	Wed	1-Nov	1.30-3PM Rutledge Field	All	1.5	1.5	
	Fri	3-Nov	1.30-3PM Rutledge Field	All	1.5	1.5	
10	Tues	7-Nov	1.30-3PM Rutledge Field	All	1.5	1.5	
	Thurs	9-Nov	1.30-3PM Rutledge Field	All	1.5	1.5	
11	Mon	13-Nov	Holiday (Remembrance Day)	x	x	x	
	Wed	15-Nov	1.30-3PM Rutledge Field	All	1.5	1.5	
	Fri	17-Nov	1.30-3PM Rutledge Field	All	1.5	1.5	
12	Tues	21-Nov	Indoor	All	1.5	1.5	BLOCK 2: INDOOR/OUTDOOR. Comprises 3 main elements: (i) indoor skills and game play, (ii) strength and conditioning, (iii) athlete education (possibility of formal coach and umpire education)
	Thurs	23-Nov	Indoor	All	1.5	1.5	
13	Mon	27-Nov	Indoor	All	1.5	1.5	
	Wed	29-Nov	Indoor	All	1.5	1.5	
	Fri	1-Dec	Indoor	All	1.5	1.5	
14	Tues	5-Dec	Indoor	All	1.5	1.5	
	Thurs	7-Dec	Indoor	All	1.5	1.5	
15	Mon	11-Dec	Indoor	All	1.5	1.5	
	Wed	13-Dec	Indoor	All	1.5	1.5	
	Fri	15-Dec	Indoor	All	1.5	1.5	
16	Tues	19-Dec	Indoor	All	1.5	1.5	
	Thurs	21-Dec	Indoor	All	1.5	1.5	
17	Mon	8-Jan	Indoor	All	1.5	1.5	
	Wed	10-Jan	Indoor	All	1.5	1.5	
	Fri	12-Jan	Indoor	All	1.5	1.5	
18	Tues	16-Jan	Indoor	All	1.5	1.5	
	Thurs	18-Jan	Indoor	All	1.5	1.5	
19	Mon	22-Jan	Indoor	All	1.5	1.5	
	Wed	24-Jan	Indoor	All	1.5	1.5	
	Fri	26-Jan	Indoor	NV	1.5	Pro D	
20	Tues	30-Jan	Indoor	All	1.5	1.5	BLOCK 3: OUTDOOR. Technical and Tactical Physical focus: building speed endurance.
	Thurs	1-Feb	Indoor	All	1.5	1.5	
21	Mon	5-Feb	Indoor	All	1.5	1.5	
	Wed	7-Feb	Indoor	All	1.5	1.5	
	Fri	9-Feb	Indoor	NV	1.5	Pro D	
22	Tues	13-Feb	Indoor	All	1.5	1.5	
	Thurs	15-Feb	Indoor	All	1.5	1.5	
23	Mon	19-Feb	Indoor	All	1.5	1.5	
	Wed	21-Feb	Indoor	All	1.5	1.5	
	Fri	23-Feb	Indoor	WV	Pro D	1.5	

24	Tues	27-Feb	Indoor	All	1.5	1.5	
	Thurs	1-Mar	Indoor	All	1.5	1.5	
25	Mon	5-Mar	Indoor	All	1.5	1.5	
	Wed	7-Mar	Indoor	All	1.5	1.5	
	Fri	9-Mar	Indoor	All	1.5	1.5	
26	Tues	13-Mar	Indoor	All	1.5	1.5	
	Thurs	15-Mar	Indoor	All	1.5	1.5	
	Spring Break March 19 - April 2						
27	Tues	3-Apr	1.30-3PM Rutledge Field	All	1.5	1.5	
	Thurs	5-Apr	1.30-3PM Rutledge Field	All	1.5	1.5	
28	Mon	9-Apr	1.30-3PM Rutledge Field	All	1.5	1.5	
	Wed	11-Apr	1.30-3PM Rutledge Field	All	1.5	1.5	
	Fri	13-Apr	1.30-3PM Rutledge Field	All	1.5	1.5	
29	Tues	17-Apr	1.30-3PM Rutledge Field	All	1.5	1.5	
	Thurs	19-Apr	1.30-3PM Rutledge Field	All	1.5	1.5	
30	Mon	23-Apr	1.30-3PM Rutledge Field	All	1.5	1.5	
	Wed	25-Apr	1.30-3PM Rutledge Field	All	1.5	1.5	
	Fri	27-Apr	1.30-3PM Rutledge Field	All	1.5	1.5	
31	Tues	1-May	1.30-3PM Rutledge Field	All	1.5	1.5	
	Thurs	3-May	1.30-3PM Rutledge Field	All	1.5	1.5	
32	Mon	7-May	1.30-3PM Rutledge Field	WV	Pro D	1.5	
	Wed	9-May	1.30-3PM Rutledge Field	All	1.5	1.5	
	Fri	11-May	1.30-3PM Rutledge Field	All	1.5	1.5	
33	Tues	15-May	1.30-3PM Rutledge Field	All	1.5	1.5	
	Thurs	17-May	1.30-3PM Rutledge Field	All	1.5	1.5	
34	Mon	21-May	Victoria Day Holiday	x	x	x	
	Wed	23-May	1.30-3PM Rutledge Field	All	1.5	1.5	
	Fri	25-May	1.30-3PM Rutledge Field	All	1.5	1.5	
35	Tues	29-May	1.30-3PM Rutledge Field	All	1.5	1.5	
	Thurs	31-May	1.30-3PM Rutledge Field	All	1.5	1.5	
36	Mon	4-Jun	1.30-3PM Rutledge Field	All	1.5	1.5	
	Wed	6-Jun	1.30-3PM Rutledge Field	All	1.5	1.5	
	Fri	8-Jun	1.30-3PM Rutledge Field	All	1.5	1.5	
37	Tues	12-Jun	1.30-3PM Rutledge Field	All	1.5	1.5	
	Thurs	14-Jun	1.30-3PM Rutledge Field	All	1.5	1.5	
38	Mon	18-Jun	1.30-3PM Rutledge Field	All	1.5	1.5	
	Wed	20-Jun	1.30-3PM Rutledge Field	All	1.5	1.5	
	Fri	22-Jun	1.30-3PM Rutledge Field	All	1.5	1.5	
39	Tues	26-Jun	1.30-3PM Rutledge Field	All	1.5	1.5	
	Thurs	28-Jun	1.30-3PM Rutledge Field	All	1.5	1.5	

BLOCK 4: OUTDOOR.
Focus: Game play scenarios.
Physical Focus: speed, power and multi-directional work.