

TRAINING SCHEDULE 2016-2017: NORTHWEST T2T REGIONAL GIRLS

Training schedules are subject to change and could be affected by adverse weather, turf availability or other factors. Cancelled hours will be rescheduled wherever possible and may fall on a holiday.

2016	Date	Time	Venue	Notes
Sunday	2-Oct	430-7pm	Hamber	TRIAL - Fitness Test #1
Friday	18-Nov			
Saturday	19-Nov	7:45am - 11:30am	Richmond Oval	Fitness Test #2
Sunday	20-Nov			
Friday	25-Nov			
Sunday	27-Nov	430-630pm	Hamber	Movement Training
Friday	2-Dec			
Sunday	4-Dec	430-630pm	Hamber	GOAL KEEPERS ONLY
		630-830pm	Hamber	
Friday	9-Dec			
Sunday	11-Dec	430-630pm	Hamber	frozen
2017	Date	Time	Venue	Notes
Sunday	8-Jan	6-8pm	Rutledge	frozen
Friday	13-Jan	7-9pm	Rutledge	frozen
Sunday	15-Jan	4:15-6:15	Memorial Gym	North Vancouver
		7-9pm	Rutledge	
Friday	20-Jan	7:30-9:30pm	Tamawanis, Surrey	GOAL KEEPERS ONLY
Sunday	22-Jan	4:15-6:15	Memorial Gym	North Vancouver
Friday	27-Jan	7:00-9:00pm	Rutledge	
Sunday	29-Jan	4:15-6:15	Memorial Gym	North Vancouver
		4:30-6:30pm	Hamber	GOAL KEEPERS ONLY
Friday	3-Feb			
Sunday	5-Feb	430-630pm	Hamber	frozen
Friday	10-Feb	no training		
Sunday	12-Feb	4:30-6:30pm	Hamber	frozen
Friday	17-Feb	7:30-9:30pm	Tamawanis, Surrey	GOAL KEEPERS ONLY
Sunday	19-Feb	4:15-6:15	Memorial Gym	North Vancouver
Friday	24-Feb	8-9:30pm	Hamber	Yo Yo #3
Sunday	26-Feb	4:15-6:15	Memorial Gym	North Vancouver
Friday	3-Mar	x	x	x
Sunday	5-Mar	430-630pm	Hamber	GOAL KEEPERS ONLY
		630-830pm	Hamber	frozen
Friday	10-Mar	6-8pm	Rutledge	
Sunday	12-Mar	6:30-8:30pm	Hamber	Final Yo Yo
Sunday	2-Apr	7-9pm 4:30-6:30pm	Hamber	
Sunday	9-Apr	6-7:30pm	Hamber	
Friday	21-Apr	8-9:30pm	Rutledge	
Sunday	23-Apr	6:30-8:30pm	Rutledge	Festival Prep
Friday	28-Apr	8-9:30pm	Rutledge	Festival Prep
Sunday	30-Apr	6:30-8:30pm	Rutledge	Festival Prep
Fri-Sun	May 5-7	T2T Festival - Tamawanis Park, Surrey		