

2018 Provincial Program Training outline – U15 and U18 boys & girls

Weekend	Training	Teams	Approx # of training hours	Notes
May 11-13	Yes	All	4.5	
May 18-20	No	All	0	Monday, May 21 public holiday
May 25-27	Yes	All	4.5	
June 1-3	Yes	All	4.5	
June 8-10	Yes	All	4.5	
June 15-17	Yes	All	4.5	
June 22-24	Yes – India Club Tournament, Surrey	TBC	3	Tournament dates: June 22-25
June 29- July 1	No	All	0	Monday, July 2 public holiday
July 6-8	Yes	All	4.5	
TOTAL TRAINING HOURS:			30 Hours	
July 12-22	U15/18/23 National Championships, Toronto, Ontario			