

| TRAINING SCHEDULE 2017-2018: ISLAND REGIONAL ATHLETES   |        |                  |                   |                            |                 | Boys            |                 | GIRLS            |                  |                  |                  |
|---|--------|------------------|-------------------|----------------------------|-----------------|-----------------|-----------------|------------------|------------------|------------------|------------------|
| Training schedules are subject to change and could be affected by weather, turf availability or other factors. Cancelled hours will be rescheduled wherever possible and may fall on a holiday. |        |                  |                   |                            |                 | ISLAND BOYS     |                 | VICTORIA         |                  | DUNCAN           |                  |
|   |        |                  |                   |                            |                 | U15 ISL<br>BOYS | U18 ISL<br>BOYS | U15 VIC<br>GIRLS | U18 VIC<br>GIRLS | U15 DUN<br>GIRLS | U18 DUN<br>GIRLS |
| 2017  | Date   | Time             | Squad             | Field                      | Notes           | T2T Hrs         | T2C Hrs         | T2T Hrs          | T2C Hrs          | T2T Hrs          | T2C Hrs          |
| Friday  | 20-Oct | 6-8:30pm         | Boys & U18 Girls  | UVIC                       | Fitness Test #1 | Trial           |                 |                  | Trial            |                  | Trial            |
| Sunday  | 29-Oct | 10am-12:30pm     | U15 Girls         | Duncan                     | Fitness Test #1 |                 |                 | Trial            |                  | Trial            |                  |
| Friday  | 1-Dec  | 6-8pm            | U18               | UVIC                       | cxld            |                 | cxld            |                  | cxld             |                  | cxld             |
| Sunday  | 3-Dec  | 9-11am           | Victoria athletes | UVIC                       | Fitness Test #2 | 2               | 2               | 2                | 2                |                  |                  |
| Friday  | 8-Dec  | 6-8pm            | U18               | UVIC                       |                 |                 | 2               |                  | 2                |                  | 2                |
| 2018  | Date   | Time             | Squad             | Field                      | Notes           | T2T Hrs         | T2C Hrs         | T2T Hrs          | T2C Hrs          | T2T Hrs          | T2C Hrs          |
| Friday  | 12-Jan | 6-8pm            | U15/18            | UVIC McKinnon<br>Class 150 | classroom       |                 |                 | 2                | 2                |                  |                  |
|   |        | 6-8pm            | U15/18            | Tansor Elementary          | Fitness Test #2 |                 |                 |                  |                  | 2                | 2                |
| Sunday  | 14-Jan | 630-830pm        | Boys              | UVIC                       | Fitness Test #2 | 2               | 2               |                  |                  |                  |                  |
| Friday  | 19-Jan | 6-8pm            | U15/18            | UVIC                       |                 |                 |                 | 2                | 2                |                  |                  |
|   |        |                  | U15/18            | Cow                        |                 |                 |                 |                  | 2                | 2                |                  |
| Sunday  | 21-Jan | 630-830pm        | Boys              | UVIC                       |                 | 2               | 2               |                  |                  |                  |                  |
| Friday  | 26-Jan | 6-8pm            | U15/18            | UVIC                       |                 |                 |                 | 2                | 2                |                  |                  |
|   |        |                  | U15/18            | Cow                        |                 |                 |                 |                  |                  | 2                | 2                |
| Sunday  | 28-Jan | 630-830pm        | Boys              | UVIC                       |                 | 2               | 2               |                  |                  |                  |                  |
| Friday  | 2-Feb  | 6-8pm            | U15/18            | UVIC                       |                 |                 |                 | 2                | 2                |                  |                  |
|   |        |                  | U15/18            | Cow                        |                 |                 |                 |                  |                  | 2                | 2                |
| Sunday  | 4-Feb  | 630-830pm        | Boys              | UVIC                       |                 | 2               | 2               |                  |                  |                  |                  |
| Friday  | 9-Feb  | 6-8pm            | U15/18            | UVIC                       |                 |                 |                 | 2                | 2                |                  |                  |
|   |        | <del>6-8pm</del> | <del>U15/18</del> | <del>Cow</del>             | turf closed     |                 |                 |                  |                  | x                | x                |
| Sunday  | 11-Feb | 630-830pm        | Boys              | UVIC                       |                 | 2               | 2               |                  |                  |                  |                  |
| Friday  | 16-Feb | 6-8pm            | U15/18            | UVIC                       |                 |                 |                 | 2                | 2                |                  |                  |
|   |        |                  | U15/18            | Cow                        |                 |                 |                 |                  |                  | 2                | 2                |
| Sunday  | 18-Feb | 630-830pm        | Boys              | UVIC                       |                 | 2               | 2               |                  |                  |                  |                  |
| Friday  | 23-Feb | 1-3pm            | U18               | UVIC                       |                 |                 |                 |                  | 2                |                  |                  |
|   |        |                  | U18               | Cow                        |                 |                 |                 |                  |                  |                  | 2                |
|   |        | 6-8pm            | U15/18            | UVIC                       | Yo Yo Test      |                 |                 |                  | 2                | 2                |                  |
|   |        |                  | U15/18            | Cow                        | Yo Yo Test      |                 |                 |                  |                  | 2                | 2                |
| Sunday  | 25-Feb | 630-830pm        | Boys              | UVIC                       | Yo Yo Test      | 2               | 2               |                  |                  |                  |                  |

|         |         |                                      |             |      |                            |       |          |       |          |       |          |   |
|---------|---------|--------------------------------------|-------------|------|----------------------------|-------|----------|-------|----------|-------|----------|---|
| Friday  | 2-Mar   | 6-8pm                                | U15/18      | UVIC |                            |       |          | 2     | 2        |       |          |   |
| Sunday  | 4-Mar   | 630-830pm                            | Boys        | UVIC | Yo Yo Test                 |       |          |       |          | 2     | 2        |   |
| Friday  | 9-Mar   | 6-8pm                                | U15/18      | UVIC |                            |       |          | 2     | 2        |       |          |   |
| Friday  | 9-Mar   | 6-8pm                                | U15/18      | Cow  |                            |       |          |       |          | 2     | 2        |   |
| Sunday  | 11-Mar  | 630-830pm                            | Boys        | UVIC |                            | 2     | 2        |       |          |       |          |   |
| Sunday  | 11-Mar  | 6-8pm                                | U15/18      | Cow  |                            |       |          |       |          | x     | x        |   |
| Friday  | 16-Mar  | 6-8pm                                | U15/18      | UVIC |                            |       |          | 2     | 2        | x     | x        |   |
| Sunday  | 18-Mar  |                                      | No Training |      |                            |       | x        | x     | x        | x     | x        | x |
| Friday  | 23-Mar  |                                      | No Training |      |                            |       | x        | x     | x        | x     | x        | x |
| Sunday  | 25-Mar  | 6-8pm                                | U15/18      | Cow  |                            | x     | x        | x     | x        | 2     | 2        |   |
| Friday  | 30-Mar  | 12-2pm/430-630pm                     | Boys        | UVIC |                            | 4     | 4        |       |          |       |          |   |
|         |         | 10-12pm/230-430pm                    | U15/18      | UVIC | Yo Yo Test                 |       |          | 4     | 4        |       |          |   |
|         |         | 10-12pm/230-430pm                    | U15/18      | Cow  |                            |       |          |       |          | 4     | 4        |   |
| Sunday  | 1-Apr   | 630-830pm                            | Boys        | UVIC |                            | 2     | 2        |       |          |       |          |   |
| Monday  | 2-Apr   | 10-12pm/230-430pm                    | U15/18      | UVIC | Easter Monday              |       |          | 4     | 4        |       |          |   |
|         |         | 12-2pm/430-630pm                     | Boys        |      |                            |       | 4        | 4     |          |       |          |   |
|         |         | 10-12pm/230-430pm                    | U15/18      | Cow  |                            |       |          |       |          | 4     | 4        |   |
| Friday  | 6-Apr   | 6-8pm                                | U15/18      | UVIC |                            |       |          | 2     | 2        |       |          |   |
|         |         |                                      | U15/18      | Cow  |                            |       |          |       | 2        | 2     |          |   |
| Sunday  | 8-Apr   | 630-830pm                            | Boys        | UVIC |                            | 2     | 2        |       |          |       |          |   |
|         |         | 6-8pm                                | U15/18      | Cow  | new!                       |       |          |       |          | 2     | 2        |   |
| Friday  | 13-Apr  | 6-8pm                                | U15         | UVIC | T2C Tournie<br>April 13-15 |       | Tournie! | 2     | Tournie! | 2     | Tournie! |   |
| Sunday  | 15-Apr  | 630-830pm                            | Boys        | UVIC |                            | 2     |          |       |          |       |          |   |
| Friday  | 20-Apr  | 6-8pm                                | U15         | Cow  |                            |       |          | 2     |          | 2     |          |   |
| Sunday  | 22-Apr  | 630-830pm                            | Boys        | UVIC |                            | 2     |          |       |          |       |          |   |
| Friday  | 27-Apr  | 6-8pm                                | U15         | Cow  |                            |       |          | 2     |          | 2     |          |   |
| Sunday  | 29-Apr  | 630-830pm                            | Boys        | UVIC |                            | 2     |          |       |          |       |          |   |
| Fri-Sun | May 4-6 | T2T Festival, Tamawanis Park, Surrey |             |      | T2T Fest May 4-6           | Fest! |          | Fest! |          | Fest! |          |   |

\*T2C Tournament April 13-15, Surrey

\*T2T Festival May 4-6, Surrey

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