



## 2018 Provincial Program Training outline

### U15/U18 male and female teams

Weekend	Training	Teams	# of training hours	Notes
May 11-13	Yes	All	4.5	
May 18-20	Yes*	*ONLY U15/18 Girls Rams (Mainland)	4	Monday, May 21 public holiday
May 25-27	Yes	All *except U15/18 Girls Rams	4.5	
June 1-3	Yes	All	4.5	
June 8-10	Yes*	All *except U18 Girls & U15 Boys	4.5	U15 Boys Club Championship Weekend U18 Girls Club Championship Weekend
June 15-17	Yes*	*except U18 Boys & U15 Girls	4.5	U15 Girls Club Championship Weekend U18 Boys Club Championship Weekend
June 22-24	Yes* – India Club Tournament, Surrey	All Boys & Girls U15/18 teams (*except Island teams)	3	Tournament dates: June 22-25
June 29-July 1	Yes*	*ONLY U15/18 Girls Rams (Mainland)	0	Monday, July 2 public holiday
July 6-8	Yes	All	4.5	
<b>TOTAL TRAINING HOURS:</b>			<b>30 Hours</b>	
July 12-22	<b>U15/18/23 National Championships, Toronto, Ontario</b> Exact dates per age group TBC			