

ISLAND TRAINING SCHEDULES 2018-19 (DRAFT at January 2019)

Day	Date	Time	Field	Notes	T2T Girls		T2C Girls		VICTORIA boys	
					Duncan	Victoria	Duncan	Victoria	T2T	T2C
Friday	October 19th	6:00-8:00pm	Victoria	U18s/Boys			Trial	Trial	Trial	Trial
Sunday	October 21st	10:00-12:00pm	Duncan	U15s	Trial	Trial				
Sunday	October 28th	6:30-8:00pm	Victoria						1.5	1.5
Sunday	November 4th	6:30-8:00pm	Victoria						1.5	1.5
Sunday	November 11th	6:30-8:00pm	Victoria						1.5	1.5
Sunday	November 18th	6:30-8:00pm	Victoria						1.5	1.5
Friday	November 23rd	6:00-8:00pm	Victoria				2	2		2
Sunday	November 25th	6:30-8:00pm	Victoria						1.5	1.5
Friday	November 30th	6:00-8:00pm	Victoria	YoYo			2	2		2
		9:00-11:00am	CARSA-UVIC	Testing & Education			2	2		2
Sunday	December 2nd	9:00-12:00pm	CARSA-UVIC	YoYo, Testing	2.5	2.5			2.5	
Sunday	December 2nd	6:30-8:00pm	Victoria						1.5	1.5
Friday	December 7th	<del>6:00-8:00pm</del>	Victoria	CXLD			X	X		X
Sunday	December 9th	6:30-8:00pm	Victoria						1.5	1.5
Wednesday	January 9th	6:00-8:00pm	Duncan		2		2			
Friday	January 11th	6:00-8:00pm	Victoria			2		2		
Sunday	January 13th	6:30-8:00pm	Victoria						1.5	1.5
Wednesday	January 16th	6:00-8:00pm	Duncan		2		2			
Friday	January 18th	6:00-8:00pm	Victoria			2		2		
Sunday	January 20th	6:30-8:00pm	Victoria						1.5	1.5
Wednesday	January 23rd	6:00-8:00pm	Duncan		2		2			
Friday	January 25th	6:00-8:00pm	Victoria			2		2		
Sunday	January 27th	6:30-8:00pm	Victoria						1.5	1.5
Wednesday	January 30th	6:00-8:00pm	Duncan		2		2			
				<b>*Nutrition session to VIC athletes date/time TBC</b>			1	1	1	1
Friday	February 1st	6:00-8:00pm	Victoria			2		2		
Sunday	February 3rd	6:30-8:00pm	Victoria						1.5	1.5
Wednesday	February 6th	6:00-8:00pm	Duncan		2		2			
Friday	February 8th	6:00-8:00pm	Victoria			2		2		
Sunday	February 10th	6:30-8:00pm	Victoria						1.5	1.5
Wednesday	February 13th	6:00-8:00pm	Duncan		2		2			
Friday	February 15th	6:00-8:00pm	Victoria			2		2		
Monday	February 18th	time TBC	Victoria	*new!			4	4		
Sunday	February 17th	6:30-8:00pm	Victoria						1.5	1.5
Wednesday	February 20th	6:00-8:00pm	Duncan		2		2			
Friday	February 22nd	6:00-8:00pm	Victoria			2		2		
Sunday	February 24th	6:30-8:00pm	Victoria						1.5	1.5
Wednesday	February 27th	6:00-8:00pm	Duncan		2		2			
Friday	March 1st	6:00-8:00pm	Victoria			2		2		
Sunday	March 3rd	6:30-8:00pm	Victoria						1.5	1.5
Wednesday	March 6th	6:00-8:00pm	Duncan		2		2			
Friday	March 8th	6:00-8:00pm	Victoria			2		2		
Sunday	March 10th	6:30-8:00pm	Victoria						1.5	1.5
Wednesday	March 13th	No training		Spring Break						
Friday	March 15th	6:00-8:00pm	Victoria	<b>VICTORIA Only</b>		2		2		
Sunday	March 17-24th	No training		Spring Break						
Wednesday	March 27th	6:00-8:00pm	Duncan	<b>DUNCAN Only</b>	2		2			
Friday	March 29th	No training		Spring Break						
Sunday	March 31st	6:30-8:00pm	Victoria						1.5	1.5
Wednesday	April 3rd	6:00-8:00pm	Duncan		2		2			
Friday	April 5th	6:00-8:00pm	Victoria			2		2		
Sunday	April 7th	6:30-8:00pm	Victoria						1.5	1.5
	April 11-14	U18 Train 2 Compete Tournament, Vancouver								

Friday	April 12th	6:00-8:00pm	Victoria		2	2				
		10:00-12:00pm	Victoria		2	2			2	
Friday	April 19th	2:00-4:00pm	Victoria		2	2			2	
		10:00-12:00pm	Victoria		2	2			2	
Monday	April 22nd	2:00-4:00pm	Victoria		2	2			2	
April 25-28		U15 Train 2 Train Festival, Surrey								
					<b>34.5</b>	<b>35.5</b>	<b>32</b>	<b>33</b>	<b>38.5</b>	<b>34</b>