

PreSeason Training Week One

	Monday August 2nd	Tuesday August 3rd	Wednesday August 4th	Thursday August 5th	Friday August 6th	Saturday August 7th	Sunday August 8th
U8 Boys	8:00 - 9:30 am		8:00 - 9:30 am	8:00 - 9:30 am			
U8 Girls	8:00 - 9:30 am		8:00 - 9:30 am	8:00 - 9:30 am			
U9 Boys	9:30 - 11:00 am	9:30 - 11:00 am	9:30 - 11:00 am	9:30 - 11:00 am			
U9 Girls	9:30 - 11:00 am	9:30 - 11:00 am	9:30 - 11:00 am	9:30 - 11:00 am			
U10 Boys Premier	9:30 - 11:00 am	9:30 - 11:00 am	9:30 - 11:00 am	9:30 - 11:00 am			
U10 Boys Elite	9:30 - 11:00 am	9:30 - 11:00 am	9:30 - 11:00 am	9:30 - 11:00 am			
U10 Boys Academy	9:30 - 11:00 am	9:30 - 11:00 am	9:30 - 11:00 am	9:30 - 11:00 am			
U10 Boys Select	9:30 - 11:00 am	9:30 - 11:00 am	9:30 - 11:00 am	9:30 - 11:00 am			
U10 Boys Classic	9:30 - 11:00 am	9:30 - 11:00 am	9:30 - 11:00 am	9:30 - 11:00 am			
U11 Boys Premier	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm			
U11 Boys Elite	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm			
U11 Boys Academy	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm			
U11 Boys Select	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm			
U12 Boys Premier	5:00 - 6:30 pm	6:30 - 8:00 pm	6:30 - 8:00 pm	6:30 - 8:00 pm			
U12 Boys Elite	5:00 - 6:30 pm	6:30 - 8:00 pm	6:30 - 8:00 pm	6:30 - 8:00 pm			
U10 Girls Premier	9:30 - 11:00 am	9:30 - 11:00 am	9:30 - 11:00 am	9:30 - 11:00 am			
U10 Girls Elite	9:30 - 11:00 am	9:30 - 11:00 am	9:30 - 11:00 am	9:30 - 11:00 am			
U10 Girls Academy	9:30 - 11:00 am	9:30 - 11:00 am	9:30 - 11:00 am	9:30 - 11:00 am			
U10 Girls Select	9:30 - 11:00 am	9:30 - 11:00 am	9:30 - 11:00 am	9:30 - 11:00 am			
U11 Girls Premier	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm			
U11 Girls Elite	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm			
U11 Girls Academy	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm			
U11 Girls Select	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm			
U12 Girls Premier	5:00 - 6:30 pm	6:30 - 8:00 pm	6:30 - 8:00 pm	6:30 - 8:00 pm			
U12 Girls Elite	5:00 - 6:30 pm	6:30 - 8:00 pm	6:30 - 8:00 pm	6:30 - 8:00 pm			
U12 Girls Academy	5:00 - 6:30 pm	6:30 - 8:00 pm	6:30 - 8:00 pm	6:30 - 8:00 pm			
U13 Boys Premier	6:30 - 8:00 pm	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm			
U13 Boys Elite	6:30 - 8:00 pm	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm			
U14 Boys Premier	6:30 - 8:00 pm	6:30 - 8:00 pm	6:30 - 8:00 pm	6:30 - 8:00 pm			
U14 Boys Elite	6:30 - 8:00 pm	6:30 - 8:00 pm	6:30 - 8:00 pm	6:30 - 8:00 pm			
U13 Girls Premier	6:30 - 8:00 pm	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm			
U13 Girls Elite	6:30 - 8:00 pm	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm			
U14 Girls Premier	6:30 - 8:00 pm	6:30 - 8:00 pm	6:30 - 8:00 pm	6:30 - 8:00 pm			
U14 Girls Elite	6:30 - 8:00 pm	6:30 - 8:00 pm	6:30 - 8:00 pm	6:30 - 8:00 pm			