

2020/2021 CCC Team Schedules							
Chinook	Mon	Tues	Wednesday	Thursday	Fri	Sat	Sun
	Sport2B 5-7pm	Elite 5:30-8:30pm	Development1A 5-8pm	Sport1B 5-7pm	Development1A 5-7pm	Elite 8-11am	
	Performance1A 5-8pm	Elite 5:30-8:30pm	Development1B 5-8pm	Performance1A 5-8pm	Development1B 5-7pm	Perf/ Perf 2 8-11am	Sport1A 4-6pm
	Performance1B 5-8pm	E/P2 Time slot 5:30-8:30pm	Development2 5-8pm	Performance1B 5-8pm	Development2 5-7pm		Sport2A 4-6pm
					Sport1A 6:30-8:30pm	Sport2B 1-3pm	
					Sport2A 6:30-8:30pm	Sport1B 4-6pm	Optional?

Stronghold	Mon	Tues	Wednesday	Thursday	Fri	Sat	Sun
						Elite 8-11am	Sport1A 4-6pm
	Development1 5-7pm	Sport1B 5-7pm	Development1 5-8pm	Sport1B 5-7pm	Sport1A 5-7pm	Perf/ Perf 2 8-11am	Sport2A 4-6pm
	Development2 5-7pm	Sport2B 5-7pm	Development2 5-8pm	Sport2B 5-7pm	Sport2A 5-7pm		Optional?

Hanger	Mon	Tues	Wednesday	Thursday	Fri	Sat	Sun
						Elite 8-11am	
						Perf/ Perf 2 8-11am	Sport1A 4-6pm
	Sport1B 5-7pm	Development1 5-7pm	Sport1B 5-7pm	Development1 5-8pm	Sport1A 5-7pm		Sport2A 4-6pm
	Sport2B 5-7pm	Development2 5-7pm	Sport2B 5-7pm	Development2 5-8pm	Sport2A 5-7pm		Optional?

Rocky Mtn	Mon	Tues	Wednesday	Thursday	Fri	Sat	Sun
		Sport1B 4-6pm		Sport1B 4-6pm	Development1A 5-7pm	Elite 8-11am	
		Sport2B 4-6pm		Sport2B 4-6pm	Development1B 5-7pm	Perf/ Perf 2 8-11am	Sport1A 4-6pm
	Performance 1A 5-8pm	Development1A 530-830pm	Performance 1A 5-8pm	Elite 5:30-8:30pm	Development2 5-7pm		Sport2A 4-6pm
	Performance 1B 5-8pm	Development1B 530-830pm	Performance 1B 5-8pm	Elite 5:30-8:30pm	Sport1A 6:30-8:30pm		All Dev, Perf. and Elite
	P Time slot 5-8pm	Development2 530-830pm	P Time slot 5-8pm	E/P2 Time slot 5:30-8:30pm	Sport2A 6:30-8:30pm		Optional practice rotation
		Speed Session 6-8pm			Speed Session 7-9pm		Across the 4 gyms. 6-8pm

Names sport, development, performance, elite by year of birth. #2 (Born 2008 & later) and #1 (Born 2002 to 2007)

#1 is **Born 2002 to 2007**. Approx. for ages 13 to 18. Youth B, Youth A and Junior Category athletes.

#2 is **Born 2008 and later**. Approx. for ages 8 to 12. Youth C and D category athletes.