

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	Perf / Elite 8-11am	
	Performance1A 5-8pm	Elite 5:30-8:30pm	Development1B 5-8pm	Performance1A 5-8pm	Development1B 5-7pm	Perf / Elite 8-11am	Sport1A 4-6pm
	Performance1B 5-8pm	Elite 5:30-8:30pm	Development2 5-8pm	Performance1B 5-8pm	Development2 5-7pm	Adult Pro/AM 8-11am	Sport2A 4-6pm
	Adult Pro 7-10pm		Adult Pro 7-10pm		Sport1A 6:30-8:30pm	Sport2B 1-3pm	
	Adult Elite 7-10pm	Adult AM 7-10pm	Adult Elite 7-10pm	Adult AM 7-10pm	Sport2A 6:30-8:30pm	Sport1B 4-6pm	Optional?

Stronghold	Mon	Tues	Wednesday	Thursday	Fri	Sat	Sun
						Perf / Elite 8-11am	Sport1A 4-6pm
	Development1 5-7pm	Sport1B 5-7pm	Development1 5-8pm	Sport1B 5-7pm	Sport1A 5-7pm		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
						Perf / Elite 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	Perf / Elite 8-11am	
		Sport2B 4-6pm		Sport2B 4-6pm	Development1B 5-7pm	Perf / Elite 8-11am	Sport1A 4-6pm
	Performance1A 5-8pm	Development1A 5:30-8:30pm	Performance1A 5-8pm	Elite 5:30-8:30pm	Development2 5-7pm	Adult Pro/AM 8-11am	Sport2A 4-6pm
	Performance1B 5-8pm	Development1B 5:30-8:30pm	Performance1B 5-8pm	Elite 5:30-8:30pm	Sport1A 6:30-8:30pm		All Dev, Perf. and Elite
		Development2 5:30-8:30pm		Elite 5:30-8:30pm	Sport2A 6:30-8:30pm		Optional practice rotation
	Speed Club 6-8pm				Speed Club 7-9pm		Across the 4 gyms. 6-8pm

Names sport, development, performance, elite by year of birth. #2 (Born 2007 & later) and #1 (Born 2001 to 2006)

#1 is **Born 2001 to 2006**. Approx. for ages 13 to 18. Youth B, Youth A and Junior Category athletes.

#2 is **Born 2007 and later**. Approx. for ages 8 to 12. Youth C and D category athletes.

teams Sport is entry level training teams. Twice a week. 4 hours.

Development is intermediate/advanced teams. Twice a week. 5 hours. Plus rotating optional on Sundays

Performance and Elite. Advanced teams. Three times a week. 9 hrs. Plus rotating optional on Sundays