**\*\*\*all training is at the Canada Games Complex\*\*\***

Monday, December 20 = OFF (travel day)

Tuesday, December 21 = 6:00-7:45AM + 4:00-6:00PM

Wednesday, December 22 = 6:00-7:45AM + 4:00-6:00PM

Thursday, December 23 = 6:00-7:45AM + 4:00-6:00PM

Friday, December 24 [optional] = 6:00-7:45AM