U18 HP Female Matching

Non Field training

	Time	Location	Start Ddate	Fall End	Winter Start	Winter End	
All Wednesdays	8-9pm	The Rink	23-Sep	16-Dec	06-Jan	24-Mar	Strength and Conditioning
30-Sep	7-8pm	The Rink					Mental Performance/Nutrition
28-Oct	7-8pm	The Rink					Mental Performance/Nutrition
25-Nov	7-8pm	The Rink					Mental Performance/Nutrition
16-Dec	7-8pm	The Rink					Mental Performance/Nutrition
	Winter dates for Mental Perrformance TBA						

Facility	Date	Field Time
WSF North	**Sun, Sep 20**	**6:30-7:30**
WSF North	Tue, Sep 22	7:15-8:15
WSF South	Sun, Sep 27	6:30-7:30
WSF North	Tue, Sep 29	7:15-8:15
WSF South	Sun, Oct 4	6:30-7:30
WSF North	Tue, Oct 6	7:15-8:15
XXX	Sun, Oct 11	**NO TRAINING**
WSF North	Tue, Oct 13	7:15-8:15
WSF South	Sun, Oct 18	6:30-7:30
XXX	Tue, Oct 20	**NO TRAINING**
XXX	Sun, Oct 25	**NO TRAINING**
WSF North	Tue, Oct 27	7:15-8:15
WSF South	Sun, Nov 1	6:30-7:30
WSF North	Tue, Nov 3	7:15-8:15
WSF South	Sun, Nov 8	6:30-7:30
WSF North	Tue, Nov 10	7:15-8:15
WSF South	Sun, Nov 15	6:30-7:30
WSF North	Tue, Nov 17	7:15-8:15
WSF South	Sun, Nov 22	6:30-7:30
WSF North	Tue, Nov 24	7:15-8:15
WSF South	Sun, Nov 29	6:30-7:30
WSF North	Tue, Dec 1	7:15-8:15
WSF South	Sun, Dec 6	6:30-7:30
WSF North	Tue, Dec 8	7:15-8:15
WSF South	Sun, Dec 13	6:30-7:30
WSF North	Tue, Dec 15	7:15-8:15
WSF South	Sun, Jan 3	6:30-7:30
WSF North	Tue, Jan 5	7:15-8:15
WSF South	Sun, Jan 10	6:30-7:30
WSF North	Tue, Jan 12	7:15-8:15
WSF South	Sun, Jan 17	6:30-7:30
WSF North	Tue, Jan 19	7:15-8:15
WSF South	Sun, Jan 24	6:30-7:30
WSF North	Tue, Jan 26	7:15-8:15
WSF South	Sun, Jan 31	6:30-7:30
WSF North	Tue, Feb 2	7:15-8:15
WSF South	Sun, Feb 7	6:30-7:30
WSF North	Tue, Feb 9	7:15-8:15
WSF South	Sun, Feb 14	6:30-7:30
WSF North	Tue, Feb 16	7:15-8:15
WSF South	Sun, Feb 21	6:30-7:30
WSF North	Tue, Feb 23	7:15-8:15
WSF South	Sun, Feb 28	6:30-7:30
WSF North	Tue, Mar 2	7:15-8:15
WSF South	Sun, Mar 7	6:30-7:30
WSF North	Tue, Mar 9	7:15-8:15
WSF South	Sun, Mar 14	6:30-7:30
WSF North	Tue, Mar 16	7:15-8:15
WSF South	Sun, Mar 21	6:30-7:30
WSF North	Tue, Mar 23	7:15-8:15