

CONDITIONING CAMP SCHEDULES 2024

Week 1

Week 2

Sunday August 11

LOA	14:30-15:30	1hr	U9
LOA	15:45-16:45	1hr	U11
LOA	17:00-18:15	1.25hr	U13

Friday August 16

GTA	17:00-18:00	1hr	U9
LOA	17:00-18:00	1hr	U11
LOA	19:45-21:00	1.25hr	U13

Monday August 12

LOA	17:00-18:00	1hr	U9
LOA	18:15-19:15	1hr	U11
LOA	19:30-20:45	1.25hr	U13

Saturday August 17

LOA	14:30-15:30	1hr	U9
LOA	15:45-16:45	1hr	U11
LOA	17:00-18:15	1.25hr	U13

Tuesday August 13

LOA	17:00-18:00	1hr	U9
LOA	18:15-19:15	1hr	U11
LOA	19:30-20:45	1.25hr	U13

Sunday August 18

LOA	14:30-15:30	1hr	U9
LOA	15:45-16:45	1hr	U11
LOA	17:00-18:15	1.25hr	U13

Wednesday August 14

LOA	17:00-18:00	1hr	U9
LOA	18:15-19:15	1hr	U11

Tuesday August 20

LOA	18:15-19:15	1hr	U9
-----	-------------	-----	-----------

Thursday August 15

LOA	17:00-18:00	1hr	U9
LOA	18:15-19:15	1hr	U11
LOA	19:30-20:30	1hr	U13

Thursday August 22

LOA	18:15-19:15	1hr	U11
-----	-------------	-----	------------

Saturday August 24

LOA	11:00-12:00	1hr	U9
LOA	12:15-13:30	1.25 hr	U13

Friday August 16

LOA	18:15-7:30	1.25 hr	U13
-----	------------	---------	------------

Sunday August 25

LOA	11:00-12:00	1hr	U11
LOA	12:15-13:30	1.25 hr	U13

Goalie Development Monday August 26

17:00-18:15 Clareview B 1.25hr
r