



2024 Fall Practice Schedule

New Territory

Starting September 3rd

DEVELOPMENTAL DIVISION				
TRAINING GROUP	PRACTICE DAYS	PRACTICE TIMES	STRENGTH & CONDITIONING	LOCATION
Blue NT Coach Colin	Monday – Thursday	5:15-6:30 PM	5:15-5:30 PM	New Territory
	Saturday	8:00-9:15 AM		Colony Grant 6

AGE GROUP DIVISION				
TRAINING GROUP	PRACTICE DAYS	PRACTICE TIMES	STRENGTH & CONDITIONING	LOCATION
Pre-Senior 1 Coach Susan	Monday – Thursday	6:15-8:00 PM	6:15-6:30 PM	New Territory
	Friday	5:30-7:00 PM		New Territory
	Saturday	8:30-10:00 AM		Settlers Park

SENIOR DIVISION				
TRAINING GROUP	PRACTICE DAYS	PRACTICE TIMES	STRENGTH & CONDITIONING	LOCATION
Senior 1 Coach Susan	Monday, Wednesday, & Friday	3:45-5:30 PM		New Territory
	Tuesday & Thursday	3:45-6:00 PM	5:30-6:00 PM	New Territory
	Saturday	6:30-8:30 AM	8:00-8:30 AM	Settlers Park
Senior 2 Coach Karim	Monday, Wednesday, & Friday	3:45-5:30 PM		New Territory
	Tuesday & Thursday	3:45-6:00 PM	5:30-6:00 PM	New Territory
	Saturday	6:30-8:30 AM	8:00-8:30 AM	Settlers Park