

JULY 2011



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20 Last week of Spring Camps	21	22	23	24	25	26 Athlete Evaluation & Orientation Day 1pm-5pm (approx)
27 Week 1 Day 1 Dryland & Ice Testing	28 Dryland Player Performance Meetings Testing/goal review	29 Dryland & Ice	30 Dryland and Ice	1  Recovery Optional Trail Run No other training	2 OFF	3 OFF
4 Week 2 Dryland & Ice	5 DRYLAND 6-7pm extra SAQ TBC	6 Dryland & Ice	7 Dryland & Ice Extra R & R pm extra ES spin	8 Dryland & Ice	9 Staff TPPT Day TBC	10
11 Week 3 Dryland & Ice	12 DRYLAND Injury Seminars 6-7pm extra SAQ TBC	13 Dryland and Ice	14 DRYLAND YOGA 12-1	15 Dryland and Ice	16	17
18 Week 4 Dryland and Ice	19 DRYLAND Nutrition Seminars Extra SAQ	20 Dryland and Ice	21 DRYLAND Extra R & R Nutrition Seminars Extra ES spin	22 Dryland and Ice	23	24
26 Week 5 TRANSITION WEEK Dryland and Ice	26 Dryland and Ice Extra R & R	27 DRYLAND SAQ am ALL GROUPS Trail Run w Yoga/Regen pm ALL	28 Dryland and Ice Unloading Day Extra ES spin	29 Dryland and Ice Unloading Day Player meetings	30	31
BE READY™					Notes: *schedule subject to change please consult weekly schedule for specific details.	

AUGUST 2011



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Week 6 Holiday No training Option Spin/stretch Unloading Day	2 Dryland and Ice	3 Dryland and Ice Player BBQ TBC Twistball!	4 Dryland and Ice Optional ES - spin	5 Dryland and Ice 3-on-3 Tourney TBC	6	7
8 Week 7 PeeWee week TBC Dryland and Ice	9 Dryland and Ice Extra SAQ	10 Dryland 1 or 2 groups 10-12 Floorball Wrkshp/trny	11 Dryland and Ice Yoga Extra ES	12 Dryland and Ice	13	14
15 Week 8 Atom Week TBC Dryland and Ice	16 Dryland and Ice	17 Post Testing Day SAQ OR R & R 8am-Noon Lunch!	18 Dryland and Ice	19 Dryland and Ice 3 on 3 Tourney TBC	20	21
22 Week 9 Pro/OHL Dryland and Ice	23 Dryland and Ice	24 Dryland - SAQ Trail?	25 Dryland and Ice	26 Dryland and Ice	27	28
29 Week 10 Pro/OHL Dryland and Ice Ice TBC this week*	30 Dryland and Ice	31 Beach Volleyball OHL/Pro/Coaches	1 Dryland and Ice	2 Dryland and Ice Last Day of Week 10 Pros + OHL!	Notes: *schedule subject to change please consult weekly schedule for specific details. BE READY™	