|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| christmas-garland-640x250[1] | | | | | | |
| DECEMBER/JANUARY 2019/2020OPTIONAL TEAMS HOLIDAY TRAINING | | | | | | |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 1 | 2 | 3 | 4 | 5  Optional Teams  Mock Meet  12:30-3:30pm | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13  Provincial 10 & HP  Qual #1 – Dec 13-15 (Burlington) | 14 |
| 15  **Big Sisters Christmas**  **Games Night**  6:00-8:00pm  (Invitational, Provincial and Optional teams) | 16 | 17 | 18 | 19  REGULAR TRAINING for all comp groups regularly scheduled | 20  **COMPETITIVE CHRISTMAS PARTY**  5:00-8:00pm  (Invitational, Provincial and Optional teams) | 21  REGULAR TRAINING for all comp groups regularly scheduled |
| 22  Optional Teams  3-8 | 23  NO TRAINING | 24  NO TRAINING | 25  CHRISTMAS DAY!  NO TRAINING | 26  NO TRAINING | 27  Optional Teams  10-3 | 28  NO TRAINING |
| 29  Optional Teams  3-8 | 30  NO TRAINING  TOUR ATHLETES ONLY  12-4 | 31  NO TRAINING | Jan 1  NO TRAINING | 2  Optional Teams  10-3 | 3  Optional Teams  10-3 | 4  REGULAR TRAINING for all comp groups  resumes |

**NOTES:**

1. All extra training is optional; however, it is HIGHLY RECOMMENDED as two full weeks off is a very long time

2. “Regular Training” means any groups normally scheduled on that particular day will come in at their normal time unless otherwise noted.

3. If your team is not mentioned between the 23rd and January 1st, then you do not have training.

4. The regular schedule will resume on **Saturday, January 4th**