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| christmas-garland-640x250[1] |
| DECEMBER/JANUARY 2019/2020OPTIONAL TEAMS HOLIDAY TRAINING |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 1 | 2 | 3 | 4 | 5Optional TeamsMock Meet12:30-3:30pm | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13Provincial 10 & HPQual #1 – Dec 13-15 (Burlington) | 14 |
| 15**Big Sisters Christmas** **Games Night** 6:00-8:00pm(Invitational, Provincial and Optional teams) | 16 | 17 | 18 | 19REGULAR TRAINING for all comp groups regularly scheduled | 20**COMPETITIVE CHRISTMAS PARTY**5:00-8:00pm(Invitational, Provincial and Optional teams) | 21REGULAR TRAINING for all comp groups regularly scheduled |
| 22Optional Teams3-8 | 23NO TRAINING | 24NO TRAINING | 25CHRISTMAS DAY!NO TRAINING  | 26NO TRAINING  | 27Optional Teams10-3 | 28NO TRAINING |
| 29Optional Teams3-8 | 30NO TRAININGTOUR ATHLETES ONLY12-4 | 31NO TRAINING | Jan 1NO TRAINING | 2Optional Teams10-3 | 3Optional Teams10-3 | 4REGULAR 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**