

August 2023

Highlights for August

Pay attention to Telegram for workout changes

Training Camp Begins

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
	Weight room workout 9:30a		Speed / Strength workout 3pm			
7	8	9	10	11	12	13
BC DAY	Weight room workout 9:30a		Speed / Strength workout 3pm			
14	15	16	17	18	19	20
Speed / Strength workout 3pm	Weight room workout 9:30a		Speed / Strength workout 3pm			
21	22	23	24	25	26	27
JV & Varsity Training Camp 3p - 8p	JV & Varsity Training Camp 3p - 8p	JV & Varsity Training Camp 3p - 8p	JV & Varsity Training Camp 3p - 8p	JV & Varsity Training Camp 3p - 8p		
28	29	30	31			
JV & Varsity Training Camp 3p - 8p	JV & Varsity Training Camp 3p - 8p	JV & Varsity Training Camp 3p - 8p	JV & Varsity Training Camp 3p - 8p	Varsity @ Mouat 3P		

September 2023

Highlights for September

Games begin	
Card Fundraiser	
Parent Social Fundraiser	

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
				Varsity @ Mouat 3p		
4 Labour Day	5 Practice 3:20 - 5:30	6 Practice 3:20 - 5:30	7 Practice 3:20 - 5:30	8 Practice 3:20 - 5:30	9 Buchanan Bowl JV @ 10 am Varsity @ 1:30 pm	10
11 Practice 3:20 - 5:30	12 Practice 3:20 - 5:30	13 JV vs Argyle 3:45 pm Varsity - 8am practice	14 Varsity travel to Napavine	15 Varsity @ Napavine Washington 7p	16	17
18 Practice 3:20 - 5:30	19 Practice 3:20 - 5:30	20 Practice 3:20 - 5:30	21 Practice 3:20 - 5:30	22 Varsity @ TF @ Centennial 7:00 pm	23 Parent Kick-off fundraiser	24
25 Practice 3:20 - 5:30	26 Practice 3:20 - 5:30	27 Practice 3:20 - 5:30	28 JV vs WJ Mouat 3:45 pm Practice Varsity - 8am	29 Varsity @ STM Burnaby Lake 7:30 pm	30 National Day of Truth and Reconciliation	

Highlights for October

October 2023

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
Practice 3:20 - 5:30	Practice 3:20 - 5:30	Practice 3:20 - 5:30	JV vs VC 3:45 pm Varsity - 8 am	Practice 3:20 - 5:30	Varsity @ VC 1:30 pm	
9	10	11	12	13	14	15
Practice 3:20 - 5:30	Practice 3:20 - 5:30	Practice 3:20 - 5:30	JV @ MD 1:30 pm Varsity - 8 am	Varsity vs MD 2 pm		
16	17	18	19	20	21	22
Practice 3:20 - 5:30	Practice 3:20 - 5:30	Practice 3:20 - 5:30	Practice 3:20 - 5:30			
23	24	25	26	27	28	29
Practice 3:20 - 5:30	Practice 3:20 - 5:30	Practice 3:20 - 5:30	JV @ ND Varsity - 8 am	Varsity vs ND 3:45 pm		
30	31					
Practice 3:20 - 5:30	Practice 3:20 - 5:30					

November 2023

Highlights for November

Regular season concludes	
Playoffs begin	

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
		Practice 3:20 - 5:30	JV vs Belmont 2:00 pm Varsity - 8 am	Varsity @ Belmont 5 pm		
6	7	8	9	10	11	12
Practice 3:20 - 5:30	Practice 3:20 - 5:30	Practice 3:20 - 5:30		Wild Card Playoffs		
13	14	15	16	17	18	19
				Quarter finals		
20	21	22	23	24	25	26
					Semi Finals BC Place	
27	28	29	30			

Highlights for December

December 2023

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
					Finals BC Place	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31