

## Team BC Training Plan

January 2009						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10 Men's Training 9:30am-1pm VAC
11 Women's Training 6-8am WGCC	12	13	14	15	16 BC OPEN Men	17 BC OPEN Men  <b>Women's Training 9:30am-1pm VAC</b>
18 BC OPEN Men	19	20	21	22	23 BC OPEN Women	24 BC OPEN Women  <b>Men's Training 9:30am-1pm VAC !!CANCELLED!!</b>
25 BC OPEN Women	26	27	28	29	30	31 Men's Training 9:30am-1pm VAC

## Team BC Training Plan

February 2009						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Women's Training 6-8am WGCC	2	3	4	5	6	7 OFF
8 OFF	9	10	11	12	13 Valentines Tournament	14 Valentines Tournament
15 Valentines Tournament	16	17	18	19	20	21 Women's Training 9:30am-1pm VAC
22 Men's Training 6-8am WGCC	23	24	25	26	27	28 Men's Training 9:30am-1pm VAC

## Team BC Training Plan

March 2009						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Women's Training 6-8am WGCC	2	3	4	5	6	7 Women's Training 9:30am-1pm VAC
8 Men's Training 6-8am WGCC	9	10	11	12 Alberta Open	13 Alberta Open	14 Alberta Open
15 Alberta Open	16	17	18	19	20 Spring Siesta	21 Spring Siesta
22 Spring Siesta	23	24	25	26	27	28 Women's Training 9:30am-1pm VAC
29 Men's Training WGCC 6-8am	30	31				

## Team BC Training Plan

April 2009						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 High School Champs	3 High School Champs	4 High School Champs
5 High School Champs	6	7	8	9	10	11 Men's Training 9:30am-1pm VAC
12 Women's Training 6-8am WGCC	13	14	15	16	17	18 BC Championship Playdowns
19 BC Championship Playdowns	20	21	22	23	24	25 Women's Training 9:30am-1pm VAC
26 Men's Training 6-8am WGCC	27	28	29	30		

# Team BC Training Plan

NO TRAINING NCC May 2009 NO TRAINING NCC						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	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						

# Team BC Training Plan

Conditioning During the Week <span style="font-size: 1.5em; font-weight: normal;">June 2009</span> Conditioning During the Week						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6 Men's Training 9:30am-1pm VAC
7 Women's Training 6-8am WGCC	8	9	10	11	12	13 Women's Training 9:30am-1pm VAC
14 Men's Training 6-8am WGCC	15	16	17	18	19	20 Men's Training 9:30am-1pm VAC
21 Women's Training 6-8am WGCC	22	23	24	25	26	27 Women's Training 9:30am-1pm  Team Lunch 1-3pm
28 Men's Training 6-8am  Team Breakfast 8:30am- 10:20am	29	30				

## Team BC Training Plan

TBD July 2009 TBD						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3  PM Training	4 AM Training  PM Training
5 AM Training  PM Training	6	7	8	9	10  PM Training	11 AM Training  PM Training
12 AM Training  PM Training	13	14	15	16	17  PM Training	18 AM Training  PM Training
19 AM Training  PM Training	20	21	22	23	24  PM Training	25 AM Training  PM Training
26 AM Training  PM Training	27	28	29	30	31 AM Training  PM Training	

## Team BC Training Plan

August 2009						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Travel Day
2 Hawaii Training	3 Hawaii Training	4 Hawaii Tourney	5 Hawaii	6 Hawaii	7 Hawaii	8 Hawaii
9 Hawaii	10 Hawaii North Shore Relax	11 Travel Day	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

# Team BC Training Plan

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September 2009						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	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			

# Team BC Training Plan

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October 2009						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
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

# Team BC Training Plan

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November 2009						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	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					

# Team BC Training Plan

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December 2009						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	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		

# Team BC Training Plan

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