



Kootenay Regional Excellence Center Training Schedule – Stream 2/3 (Grade 9-12)

Date	Time	Location	Activity
August 31	9:00-1:00	COTR	Court session
August 31	3:00-4:00 PM	COTR	Sport Science
August 31	4:00-6:00 PM	COTR	Court Session
September 1	9:00-11:00 & 12:00-2:00	COTR	Court Session
September 9	10:00-12:00 & 2:00-4:00	Baker	Court Session
September 9	1:00-2:00	Baker	Sport Science
September 10	9:00-1:00	Baker	Court Session
September 10	1:00-2:00	Baker	Sport Science
November 5	11:00-1:00 & 4:00-6:00	COTR	Court Session
November 5	3:00-4:00	COTR	Sport Science
December 15	6:00-8:00	Baker	Sport Science
December 16	10:00-12:00 & 2:00-4:00	Baker	Court Session
December 17	10:00-12:00 & 2:00-4:00	Baker	Court Session
December 29	10:00-12:00 & 2:00-4:00	Baker	Court Session
December 29	4:00-5:00	Baker	Sport Science
December 30	10:00-12:00 & 2:00-4:00	Baker	Court Session
December 30	1:00-2:00	Baker	Sport Science
January 5	6:00-9:00PM	COTR	Court Session
January 6	10:00-12:00 & 2:00-4:00	COTR	Court Session
January 7	11:00-1:00 & 4:00-6:00	COTR	Court Session

- Dates, Times, locations subject to change

Training Schedule – Stream 1 Girls - Development

Date	Time	Location
October 15	11am-1pm	COTR
October 22	11am-1pm	COTR
October 29	11am-1pm	COTR
November 19	11am-1pm	COTR
November 26	11am-1pm	COTR
December 3	11am-1pm	COTR
December 19	4pm-6pm	COTR
December 20	4pm-6pm	COTR
December 21	4pm-6pm	COTR
December 22	4pm-6pm	COTR
January 7	11am-1pm	COTR
January 14	11am-1pm	COTR