



## 2024 – 2025 Senior Academy Training Schedule – Revised October 16

| <b>Date:</b>                     | <b>Time</b>            | <b>Location</b>                      | <b>Focus</b>                      |
|----------------------------------|------------------------|--------------------------------------|-----------------------------------|
| Saturday September 14, 2024      | 1:00 pm - 3:30 pm      | LEC – Gym                            | On Court Tr.                      |
| Sunday September 15, 2024        | 1:00pm - 3:30pm        | LEC – Gym                            | On Court Tr.                      |
| Saturday September 21, 2024      | 1:00 pm - 5:30 pm      | Richmond Oval                        | SAQ training/On Court Tr.         |
| Sunday September 22, 2024        | 12:30am - 3:00pm       | LEC – Gym                            | <i>Scrimmage vs Cap. / CBC</i>    |
| Saturday September 28, 2024      | 1:00pm - 3:30pm        | LEC – Gym                            | On Court Tr.                      |
| Sunday September 29, 2024        | 11:30am - 2:30 pm      | LEC – Gym                            | Scrimmage vs Langara /            |
| October 4 - 6, 2024              |                        | Tournament at Edge Academy – Calgary |                                   |
| Saturday October 19, 2024        | 1:00pm - 3:30pm        | LEC – Gym                            | On Court Tr.                      |
| Sunday October 20, 2024          | 1:00pm - 3:30pm        | LEC – Gym                            | Scrimmage vs T.W.U./S.F.U.        |
| <b>Saturday November 2, 2024</b> | <b>10am &amp; 1pm</b>  | <b>Brookwood</b>                     | <b>Scrimmage vs Edge Academy</b>  |
| <b>Saturday November 9, 2024</b> | <b>1:00pm - 3:30pm</b> | <b>LEC – Gym</b>                     | <b>SAQ training/ On Court Tr.</b> |
| <b>Sunday November 10, 2024</b>  | <b>10:00am - Noon</b>  | <b>LEC – Gym</b>                     | <b>On Court Tr.</b>               |
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| Saturday March 15, 2025          | 11:00am – 2:00pm       | LEC – Gym                            | Testing/ Camp prep                |
| Sunday March 16, 2025            | 11:00am – 2:00pm       | LEC – Gym                            | Skill Assessment, IPP             |