



2024 – 2025 Senior Academy Training Schedule – Revised Sept 10

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