



U7/U9

SEPTEMBER

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------------------|--------------------------------|-------------------------------------|--------------------------------|-------------------------|-------------------------|-------------------------|
| 1 | 2 | 3 Prep Phase Begins | 4 Minimum 4 Skills Sessions | 5 Prep Phase | 6 Prep Phase | 7 Prep Phase |
| 8 Prep Phase Ends | 9 Evaluation Phase Begins | 10 Minimum 3 Evaluation Sessions | 11 Evaluation Phase | 12 Evaluation Phase | 13 Evaluation Phase | 14 Evaluation Phase |
| 15 Evaluation Phase Ends | 16 Development Phase Begins | 17 No Exhibition Games | 18 Development Phase | 19 Development Phase | 20 Development Phase | 21 Development Phase |
| 22 Development Phase | 23 Development Phase | 24 Development Phase | 25 Development Phase | 26 Development Phase | 27 Development Phase | 28 Development Phase |
| 29 Development Phase Ends | 30 Regular Season Begins | | | | | |

No Exhibition Games Before October 1st



FALL TEAMS U11-U18

*Teams Selected in the Fall

SEPTEMBER

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------------------|--------------------------------|-------------------------------------|--------------------------------|-------------------------|-------------------------|-------------------------|
| 1 | 2 | 3 Prep Phase Begins | 4 Minimum 4 Skills Sessions | 5 Prep Phase | 6 Prep Phase | 7 Prep Phase |
| 8 Prep Phase Ends | 9 Evaluation Phase Begins | 10 Minimum 3 Evaluation Sessions | 11 Evaluation Phase | 12 Evaluation Phase | 13 Evaluation Phase | 14 Evaluation Phase |
| 15 Evaluation Phase Ends | 16 Development Phase Begins | 17 Development Phase | 18 Development Phase | 19 Development Phase | 20 Development Phase | 21 Development Phase |
| 22 Development Phase | 23 Development Phase | 24 Development Phase | 25 Development Phase | 26 Development Phase | 27 Development Phase | 28 Development Phase |
| 29 Development Phase Ends | 30 Regular Season Begins | | | | | |

During the Development Phase, teams may play up to 4 Exhibition Games OR 2 Exhibition Games and 1 Tournament



SPRING TEAMS U11-U18

*Teams Selected in the Spring

SEPTEMBER

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------------------|-----------------------------|-------------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| 1 Labour Day Weekend | 2 Labour Day Weekend | 3 Development Phase Begins | 4 Development Phase | 5 Development Phase | 6 Development Phase | 7 Development Phase |
| 8 Development Phase | 9 Development Phase | 10 Development Phase | 11 Development Phase | 12 Development Phase | 13 Development Phase | 14 Development Phase |
| 15 Development Phase | 16 Development Phase | 17 Development Phase | 18 Development Phase | 19 Development Phase | 20 Development Phase | 21 Development Phase |
| 22 Development Phase | 23 Development Phase | 24 Development Phase | 25 Development Phase | 26 Development Phase | 27 Development Phase | 28 Development Phase |
| 29 Development Phase Ends | 30 Regular Season Begins | | | | | |

During the Development Phase, teams may play up to 4 Exhibition Games OR 2 Exhibition Games and 1 Tournament