



TAP - 10 Week Pilot Program

Day	Date	Time	Hrs	Notes
Mon	28-Feb	630-830	2.0	Tamanawis - Technical Training
Wed	02-Mar	530-630		OVAL - Court 11 GROUP 1
Thurs	03-Mar	730-830pm	1.0	OVAL - Movement Studio- GROUP 2
Fri	04-Mar	700-845	1.75	Tamanawis - Technical Training
Mon	07-Mar	630-830	2.0	Tamanawis - Technical Training
Wed	09-Mar	530-630		OVAL - Court 11 GROUP 1
Thurs	10-Mar	730-830pm	1.0	OVAL - Court 10 - GROUP 2
Fri	11-Mar	700-845	1.75	Tamanawis - Technical Training

12-Mar

NO TRAINING SPRING BREAK

27-Mar

Mon	28-Mar	630-830	2.0	Tamanawis - Technical Training
Wed	30-Mar	6:00-7:00		OVAL - Court 11 GROUP 1
Thurs	31-Mar	630-730	1.0	OVAL - Court 10 - GROUP 2
Fri	01-Apr	700-845	1.75	Tamanawis - Technical Training
Mon	04-Apr	630-830	2.0	Tamanawis - Technical Training
Wed	06-Apr	6:00-7:00		OVAL - Court 11 GROUP 1
Thurs	07-Apr	730-830pm	1.0	OVAL - Court 10 - GROUP 2
Fri	08-Apr	700-845	1.75	Tamanawis - Technical Training
Mon	11-Apr	630-830	2.0	Tamanawis - Technical Training
Wed	13-Apr	6:00-7:00		OVAL - Court 11 GROUP 1
Thurs	14-Apr	730-830pm	1.0	OVAL - Court 10 - GROUP 2
Fri	15-Apr	700-845	1.75	BC TEAM TRIALS - U18 / U16 group TAP training
Mon	18-Apr	630-830	2.0	Tamanawis - Technical Training
Wed	20-Apr	6:00-7:00		OVAL - Court 11 GROUP 1
Thurs	21-Apr	730-830pm	1.0	OVAL - Court 10 - GROUP 2
Fri	22-Apr	700-845	1.75	Tamanawis - Technical Training
Mon	25-Apr	630-830	2.0	Tamanawis - Technical Training
Tues	26-Apr	6:00-7:00		PERFORMANCE WEBINAR - Science of the Game
Wed	27-Apr	6:00-7:00		OVAL - HP Centre GROUP 1
Thurs	28-Apr	730-830pm	1.0	OVAL - HP Centre - GROUP 2
Fri	29-Apr	700-845	1.75	Tamanawis - Technical Training
Mon	02-May	630-830	2.0	Tamanawis - Technical Training
Wed	04-May	6:00-7:00		OVAL - Court 11 GROUP 1
Thurs	05-May	730-830pm	1.0	OVAL - Court 10 - GROUP 2
Fri	06-May	700-845	1.75	Tamanawis - Technical Training
Mon	09-May	630-830	2.0	Tamanawis - Technical Training
Tues	10-May	6:00-7:00		PERFORMANCE WEBINAR - Women's World Cups
Wed	11-May	6:00-7:00		OVAL - HP Centre GROUP 1
Thurs	12-May	730-830pm	1.0	OVAL - HP Centre - GROUP 2
Fri	13-May	700-845	1.75	Tamanawis - Technical Training
Mon	16-May	630-830	2.0	
Wed	18-May	6:00-7:00		OVAL - HP Centre GROUP 1
Thurs	19-May	730-830pm	1.0	OVAL - HP Centre - GROUP 2
Fri	20-May	700-845	1.75	BC TEAM TRIALS - U16 / U18 group TAP training



NEXTGEN - 10 Week SPRING

Day	Date	Time	Hrs	Notes
Mon	28-Feb	800-10	2.0	30 min physical prep - 1.5 hrs on turf
Thurs	03-Mar	730-830pm	1.0	OVAL - Movement Studio
Fri	04-Mar	8:15-10pm	1.75	30 min physical prep - 1.15 hrs on turf
Sun	06-Mar	8-10am	2.0	
Mon	07-Mar	800-10	2.0	
Thurs	10-Mar	730-830pm	1.0	OVAL - Court 10
Fri	11-Mar	8:15-10pm	1.75	

12-Mar

NO TRAINING SPRING BREAK

27-Mar

Mon	28-Mar	800-10	2.0	
Thurs	31-Mar	730-8pm	1.0	OVAL - HP Centre
Fri	01-Apr	8:15-10pm	1.75	
Sun	03-Apr	8-10am	2.0	
Mon	04-Apr	800-10	2.0	
Thurs	07-Apr	730-830pm	1.0	OVAL - HP Centre
Fri	08-Apr	8:15-10pm	1.75	
Sun	10-Apr	8-10am	2.0	
Mon	11-Apr	800-10	2.0	
Thurs	14-Apr	730-830pm	1.0	OVAL - HP Centre
Fri	15-Apr	8:15-10pm	1.75	BC TEAM TRIALS - U18
Sun	17-Apr	8-10am	2.0	
Mon	18-Apr	800-10	2.0	
Thurs	21-Apr	730-830pm	1.0	OVAL - HP Centre
Fri	22-Apr	8:15-10pm	1.75	
Sun	24-Apr	8-10am	2.0	
Mon	25-Apr	800-10	2.0	
	26-Apr	6:00-7:00		PERFORMANCE WEBINAR - Science of the Game
Thurs	28-Apr	730-8pm	1.0	OVAL - HP Centre
Fri	29-Apr	8:15-10pm	1.75	
Sun	01-May	8-10am	2.0	
Mon	02-May	800-10	2.0	
Thurs	05-May	730-830pm	1.0	OVAL - HP Centre
Fri	06-May	8:15-10pm	1.75	
Sun	08-May	8-10am	2.0	
Mon	09-May	800-10	2.0	
	10-May	6:00-7:00		PERFORMANCE WEBINAR - Women's World Cups
Thurs	12-May	730-830pm	1.0	OVAL - HP Centre
Fri	13-May	8:15-10pm	1.75	
Sun	15-May	8-10am	2.0	
Mon	16-May	800-10	2.0	
Thurs	19-May	730-830pm	1.0	OVAL - HP Centre
Fri	20-May	8:15-10pm	1.75	BC TEAM TRIALS - U16
Sun	22-May	8-10am	2.0	