

FALL 2016

Weekly Training Options

Ten (10) week programs, 2 hours for each training session. Option of 3 locations:

- Mother Teresa High School (440 Longfields Drive, Barrhaven, K2J 4T1)
- **Turnbull School** (1132 Fisher Avenue, Ottawa, K1Z 6P7 between Baseline & Carling)

• Hunt Club Riverside Park CC (3320 Paul Anka Drive, Ottawa, K1V 0J9 - just off McCarthy between Hunt Club and Walkley Road)

Truncellab Kiverside Fark CC (5520 Faut Final Drive, Ottawa, KTV 657 - Just 6) McCartaly Deliver Hain Clab and Frankey Roady							
DAY	FRIDAY	FRIDAY	SATURDAY	SATURDAY	SATURDAY	SUNDAY	SUNDAY
Time	6:00 – 8:00 pm	8:00–10:00 pm	2:00-4:00	4:15 – 6:15	6:30 - 8:30	11:45 – 1:45	2:00 - 4:00
Location	Mother Teresa	Mother Teresa H.S.	Turnbull School	Turnbull School	Turnbull School	Hunt Club Riverside	Hunt Club Riverside
Target Ages	H.S.	Ages 14+ - Adult	Ages 6 - 16	Ages $12+-16$	Ages 16+ - adult	Ages 12+ – adult	Ages 6 – adult
8 8	Ages 6 – 14	All Playing Levels	Skill Development &	Intermediate &	Competitive	Intermediate &	All Playing Levels
	All Playing	Classes subject to school	Intermediate	Competitive	Advance approval from head	Competitive	, ,
	Levels	cancellations for school	11101111041110	Sompetier, c	coach required for participation	ourpetter (
	Classes subject to	activities. Make up classes					
	school cancellations	will be scheduled.					
	for school activities.						
	Make up classes will be						
	scheduled.	1.0 4 1 16	1 0 1 17	1 6 1 17	1 0 1 17	1 0 1 10	1 0 1 10
DATES	1.September 16	1.September 16	1. September 17	1. September 17	1. September 17	1. September 18	1. September 18
	2. September 23	2. September 23	 September 24 October 1 	 September 24 October 1 	 September 24 October 1 	2. September 253. October 2	 September 25 October 2
	3. September 30	3. September 30					
	No training October 7	No training October 7	No training – October 8	No training – October 8	No training – October 8	No training – October 9	No training – October 9
	4. October 14	4. October 14	4. October 15	4. October 15	4. October 15	4. October 16	4. October 16
	5. October 21	5. October 21	5. October 22	5. October 22	5. October 22	5. October 23	5. October 23
	6. October 28	6. October 28	6. October 29	6. October 29	6. October 29	No training –	No training –
	7. November 4	7. November 4	7. November 5	7. November 5	7. November 5	October 30	October 30
	8. November 11	8. November 11	8. November 12	8. November 12	8. November 12	6. November 6	6. November 6
	No training	No training November 18	9. November 19	9. November 19	9. November 19	7. November 13	7. November 13
	November 18	10	10. November 26	10. November 26	10. November 26	8. November 20	8. November 20
	9. November 25	9. November 25				9. November 27	9. November 27
	10. December 2	10. December 2				10. December 4	10. December 4
INVESTMENT	\$ 255 + HST =	\$ 255 + HST = \$288.15	\$ 255 + HST = \$288.15	\$ 255 + HST =	\$ 280 + HST = \$316.40	\$ 255 + HST = \$288.15	\$ 255 + HST = \$288.15
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	\$200.13			Ψ200.13			
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NOTES:

Players will be sorted into mini-training teams based on general age, and general playing ability during all training sessions, as assessed by the SBA coaching leadership team. The SBA reserves the right to move a participant to an alternate training team if it is deemed more appropriate by the coaching leadership team for the player and/or for the other players in the training team.

UPDATED – 2016/8/30
Fall 2016 Training Options

- Registration is on a first come basis, with receipt of payment.

 Registration is non-refundable, non-transferable. (Make up classes are only allowed if there is space in an appropriate alternate class)

 Confirmation of receipt of registration will be made via email. Receipts will be issued for the second class.

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