



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)

DAY Time Location Target Ages	FRIDAY 6:00 – 8:00 pm Mother Teresa H.S. Ages 6 – 14 All Playing Levels <i>Classes subject to school cancellations for school activities. Make up classes will be scheduled.</i>	FRIDAY 8:00–10:00 pm Mother Teresa H.S. Ages 14+ - Adult All Playing Levels <i>Classes subject to school cancellations for school activities. Make up classes will be scheduled.</i>	SATURDAY 2:00 – 4:00 Turnbull School Ages 6 - 16 Skill Development & Intermediate	SATURDAY 4:15 – 6:15 Turnbull School Ages 12+ – 16 Intermediate & Competitive	SATURDAY 6:30 – 8:30 Turnbull School Ages 16+ - adult Competitive <i>Advance approval from head coach required for participation</i>	SUNDAY 11:45 – 1:45 Hunt Club Riverside Ages 12+ – adult Intermediate & Competitive	SUNDAY 2:00 – 4:00 Hunt Club Riverside Ages 6 – adult All Playing Levels
DATES	1. September 16 2. September 23 3. September 30 <i>No training October 7</i> 4. October 14 5. October 21 6. October 28 7. November 4 8. November 11 <i>No training November 18</i> 9. November 25 10. December 2	1. September 16 2. September 23 3. September 30 <i>No training October 7</i> 4. October 14 5. October 21 6. October 28 7. November 4 8. November 11 <i>No training November 18</i> 9. November 25 10. December 2	1. September 17 2. September 24 3. October 1 <i>No training – October 8</i> 4. October 15 5. October 22 6. October 29 7. November 5 8. November 12 9. November 19 10. November 26	1. September 17 2. September 24 3. October 1 <i>No training – October 8</i> 4. October 15 5. October 22 6. October 29 7. November 5 8. November 12 9. November 19 10. November 26	1. September 17 2. September 24 3. October 1 <i>No training – October 8</i> 4. October 15 5. October 22 6. October 29 7. November 5 8. November 12 9. November 19 10. November 26	1. September 18 2. September 25 3. October 2 <i>No training – October 9</i> 4. October 16 5. October 23 <i>No training – October 30</i> 6. November 6 7. November 13 8. November 20 9. November 27 10. December 4	1. September 18 2. September 25 3. October 2 <i>No training – October 9</i> 4. October 16 5. October 23 <i>No training – October 30</i> 6. November 6 7. November 13 8. November 20 9. November 27 10. December 4
INVESTMENT	\$ 255 + HST = \$288.15	\$ 255 + HST = \$288.15	\$ 255 + HST = \$288.15	\$ 255 + HST = \$288.15	\$ 280 + HST = \$316.40	\$ 255 + HST = \$288.15	\$ 255 + HST = \$288.15

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.

- 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.