

## WAG WEEKLY TRAINING SCHEDULE NOVEMBER 19-25 updated Nov 6/23

| SUNDAY<br>19   | MONDAY<br>20  | TUESDAY<br>21  | WEDNESDAY<br>22   | THURSDAY<br>23   | FRIDAY<br>24   | SAT<br>25 |
|--|---|--|---|--|--|-----------|
| <b>Prov Comp 3</b><br>9am-12:30pm (Chris)<br><b>Aspires</b><br>12pm-4pm (Cassidy)<br><b>XS/G</b><br>12:30pm-4:30pm (Avery)<br><b>XB/S</b><br>12:30pm-3:30pm (Nabil)<br><b>Prov Comp 4&amp;5</b><br>1pm-4pm (Chris)<br><b>ODP 2</b><br>2:30pm-5:30pm (Arielle)<br><br><b>Prov Comp 4</b><br><b>Cancelled</b><br><b>Compulsory 2</b><br><b>Cancelled</b> | <b>National/Lv8-10</b><br>12:30pm-5:30pm (Lena)<br><b>National/Lv8-10</b><br>12:30pm-5:30pm (Sandra)<br><b>Provincial 6-8</b><br>4pm-8pm (Cassidy)<br><b>Prov Comp 4&amp;5</b><br>4pm-8:30pm (Chris)<br><b>Prov Comp 4</b><br>4pm-7:00pm (Chantel and Arielle)) | <b>National/Lv8-10</b><br>12:30pm-5:30pm (Sandra)<br><b>National/Lv8-10</b><br>12:30pm-5:30pm (Cassidy)<br><b>Prov Comp 3</b><br>1pm-4pm (Chris)<br><b>Provincial 6-8</b><br>1:30pm-5:30pm (Cassidy)<br><b>Aspires</b><br>3:30pm-8:30pm (Cassidy)<br><b>Prov Comp 4&amp;5</b><br>4pm-8:30pm (Chris)<br><b>Compulsory 2</b><br>4pm-7:30pm (Julia & Chantel)<br><b>XS/G</b><br>4:30pm-8:30pm (Avery)<br><b>XB/S</b><br>5:30pm-8:30pm (Nabil) | <b>National/Lv8-10</b><br>12:30pm-5:30pm (Sandra)<br><b>Mock meet</b><br><b>National/Lv8-10</b><br>12:30pm-5:30pm (Cassidy and Alek)<br><b>Mock meet</b><br><b>Provincial 6-8</b><br>12:30pm-4:30pm (Cassidy and Alek)<br><b>Mock meet</b><br><br><b>Prov Comp 4</b><br>3pm-7:00pm (Chantel)<br><b>Prov Comp 3</b><br>4pm-8pm (Chris)<br><b>ODP 1</b><br>4pm-7pm (Avery)<br><b>ODP 2</b><br>5pm-8pm (Arielle) | <b>NO TRAINING DUE</b><br><br><b>TO CHRISTMAS PARTY!</b> | <b>National/Lv8-10</b><br>12:30pm-5:30pm (Sandra)<br><b>National/Lv8-10</b><br>12:30pm-5:30pm (Cassidy)<br><b>Aspires</b><br>12:30pm-4:30pm (Arielle)<br><b>Prov Comp 3</b><br>4pm-7:30pm (Chris)<br><b>Compulsory 2</b><br>4pm-7:30pm (Arielle)<br><b>ODP 1</b><br>4pm-7pm (Avery)<br><b>Provincial 6-8</b><br>4:30-7:30pm (Cassidy)<br><b>Prov Comp 4</b><br>4pm-7:30pm (Chantel)<br>Make up for shortened training days |           |

