

| <b>MIDWEEK PRACTICE SCHEDULE</b>                |                         |                          |                          | FALL 2023               |  |
|---|-------------------------|--------------------------|--------------------------|-------------------------|--|
| <b>Begins September 5</b>                       |                         |                          |                          |                         |  |
| All practices are at the AVJ Field in Cheakamus |                         |                          |                          |                         |  |
|   |                         |                          |                          |                         |  |
| <b>TUESDAY</b>                                  | <b>4:00 - 5:00PM</b>    | <b>5:00 - 6:15PM</b>     | <b>6:15pm - 7:30PM</b>   | <b>7:30 - 9:00PM</b>    |  |
|   | U12 GIRLS               | U14 GIRLS                | U14 BOYS                 | U18 GIRLS               |  |
|   | U11 BOYS                | U12 BOYS                 | U16 / U15 BOYS           |                         |  |
|   |                         |                          |                          |                         |  |
| <b>WEDNESDAY</b>                                | <b>4:00 - 5:00PM</b>    | <b>5:00 - 6:00PM</b>     | <b>6:00 - 7:00PM</b>     | <b>7:00 - 8:00PM</b>    |  |
|   | U6 GIRLS & BOYS         | U8 GIRLS & BOYS          | U10 BOYS                 |                         |  |
|   | U6 GIRLS & BOYS         | U9 GIRLS & BOYS          |                          |                         |  |
|   | U7 GIRLS & BOYS         |                          |                          |                         |  |
| <b>THURSDAY</b>                                 | <b>4:00 - 5:00PM</b>    | <b>5:00 - 6:15PM</b>     | <b>6:15pm - 7:30PM</b>   | <b>7:30 - 9:00PM</b>    |  |
|   | U12 GIRLS               | U14 GIRLS                | U14 BOYS                 | U18 GIRLS               |  |
|   | U11 BOYS                | U12 BOYS                 | U16 / U15 BOYS           |                         |  |
|   |                         |                          |                          |                         |  |
| <b>SATURDAY</b>                                 | <b>9:00AM - 10:00AM</b> | <b>10:00AM - 11:00AM</b> | <b>11:00AM - 12:00PM</b> | <b>12:00PM - 1:00PM</b> |  |
|   | U6 GIRLS & BOYS         | U8 GIRLS & BOYS          | U10 BOYS                 |                         |  |
|   | U6 GIRLS & BOYS         | U9 GIRLS & BOYS          |                          |                         |  |
|   | U7 GIRLS & BOYS         |                          |                          |                         |  |