

DANGLER ACADEMY OFF-ICE TRAINING**All sessions at Ardrossan Recreation Complex Hall**

Date	6pm-7pm	7pm-8pm	8pm-9pm
Monday Sept. 27th	U11 ST401	U11 ST402	U13 ST501
Monday Oct. 4th	U9 ST301	U11 ST403	U13 ST502
Friday Oct. 22nd	U9 ST302	U11 ST404	U13 AA
Monday Oct. 25th	U9 ST303	U11 ST405	U13 ST503
Monday Nov. 1st	U9 ST304	U11 ST406	U13 ST504
Monday Nov. 15th	U9 ST305	U11 ST402	U11 ST401
Monday Nov. 22nd	U9 ST306	U11 ST403	U13 ST505
Monday Nov. 29th	U9 ST301	U11 ST404	U13 ST506
Monday Dec. 6th	U9 ST302	U11 ST405	U13 ST501
Monday Dec. 13th	U9 ST303	U11 ST406	U13 AA
Monday Dec. 20th	U9 ST304	U9 ST305	U13 ST507
Monday Jan. 10th	U7 MAJOR 1	U9 ST306	U13 ST502
Monday Jan. 17th	U7 MAJOR 2	U7 MAJOR 4	U13 ST503
Monday Jan. 24th	U7 MAJOR 3	U7 MAJOR 1	U13 ST504
Monday Jan. 31st	U7 MAJOR 4	U7 MAJOR 2	U13 ST505
Monday Feb. 7th	U7 MINOR 1	U7 MAJOR 3	U13 ST506
Monday Feb. 14th	U7 MINOR 2	U7 MINOR 3	U13 ST507

All players to come in dryland apparel and bring a helmet, gloves & stick