

**DANGLER ACADEMY OFF-ICE TRAINING 2022-2023****All sessions at Ardrossan Recreation Complex Hall**

Date	6pm-7pm	7pm-8pm	8pm-9pm
Monday October 3	U13 ST507	U13 ST506	U13 ST505
Monday October 17	U13 ST504	U13 ST503	U13 ST502
Monday October 24	U11 ST407	U13 ST501	U13 AA
Monday November 7	U11 ST406	U11 ST405	U13 ST507
Monday November 14	U11 ST404	U11 ST403	U13 ST506
Monday November 21	U11 ST402	U11 ST401	U13 ST505
Monday November 28	U9 ST307	U9 ST301	U13 ST504
Monday December 5	U9 ST306	U9 ST302	U13 ST503
Monday December 12	U9 ST305	U9 ST304	U13 ST502
Monday December 19	U9 ST303	U13AA	U13 ST501
Monday January 9	U7 MAJOR 3	U7 MAJOR 4	U15 ST601
Monday January 23	U7 MAJOR 1	U7 MAJOR 2	U15 AA
Monday January 30	U7 MINOR 3	U7 MINOR 2	U15 ST603
Monday February 6	U7 MINOR 1	U7 MAJOR 4	U15 ST602
Monday February 13	U7 MAJOR 2	U7 MAJOR 1	U15 ST605
Monday February 27	U7 MINOR 1	U7 MAJOR 3	U15 ST604
Monday March 6	U7 MINOR 2	U7 MINOR 3	U15 ST606
Monday March 13			
All players to come in dryland apparel and bring a helmet, gloves & stick			