

DANGLER ACADEMY OFF-ICE TRAINING 2023-2024**All sessions at Ardrossan Recreation Complex Hall**

Date	6pm-7pm	7pm-8pm	8pm-9pm
Wed September 27	U-11 ST402	U-11 ST401	U-13 ST502
Friday September 29	U-11 ST404	U-11 ST403	U-13 ST501
Monday October 2	U-11 ST409	U-11 ST405	U-13 ST503
Monday October 9	U-11 ST406	U-11 ST407	U-13 ST504
Monday October 16	U-11 ST408	U-7 MAJOR 2	U-13 ST506
Monday October 23	U-7 MAJOR 1	U-7 MAJOR 4	U13-AA
Monday October 30	U-7 MINOR 3	U-7 MAJOR 3	U-13 ST505
Monday November 6	U-7 MINOR 1	U-9 ST306	U-13 ST507
Monday November 13	U-7 MINOR 2	U-9 ST304	U-13 ST502
Monday November 20	U-9 ST307	U-9 ST302	U-13 ST501
Monday November 27	U-9 ST305	U-9 ST301	U-13 ST503
Monday December 4	U-9 ST303	U-11 ST403	U-13 ST504
Monday December 11	U-7 MAJOR 1	U-7 MAJOR 3	U-13 ST505
Monday December 18	U-7 MAJOR 2	U-11 ST409	U-13 ST506
Monday January 8	U-7 MAJOR 4	U-9 ST307	U13-AA
Monday January 22	U-7 MINOR 1	U-9 ST305	U-13 ST507
Monday January 29	U-7 MINOR 2	U-11 ST408	U-11 ST404
Monday February 5	U-7 MINOR 3	U-11 ST407	U-11 ST402
Monday February 12	U-9 ST306	U-11 ST406	U-11 ST405
Monday February 19	U-9 ST304	U-9 ST303	U-11 ST401
Monday February 26	U-9 ST302	U-9 ST301	

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