

DANGLER HOCKEY OFF-ICE TRAINING 2024-2025

All sessions at Ardrossan Recreation Complex Hall

Date	5:30pm-6:30pm	6:30pm-7:30pm	7:30pm-8:30pm
Monday October 7th	U-9 ST304	U-9 ST308	U-9 ST301
Monday October 21st	U-9 ST306	U-9 ST305	U-9 ST302
Monday October 28th	U7 MAJOR 1	U-9 ST307	U-9 ST303
Monday November 4th	U-7 MAJOR 2	U-7 MAJOR 3	U-9 ST301
Monday November 18th	U-7 MAJOR 4	U-7 MINOR 1	U-9 ST302
Monday November 25th	U-7 MINOR 2	U-7 MINOR 3	U-9 ST303
Monday December 2nd	U-7 MINOR 4	U-9 ST308	U-9 ST304
Monday December 9th	U-7 MAJOR 1	U-9 ST307	U-9 ST305
Monday December 16th	U-7 MAJOR 3	U-7 MAJOR 2	U-9 ST306
Monday January 6th	U-7 MINOR 1	U-7 MAJOR 4	U-9 ST301
Monday January 13th	U-7 MINOR 3	U-7 MINOR 2	U-9 ST302
Monday January 20th	U-7 MAJOR 3	U-7 MINOR 4	U-9 ST303
Monday January 27th	U-7 MAJOR 4	U-7 MAJOR 2	U-9 ST304
Monday February 3rd	U-7 MINOR 2	U-7 MAJOR 1	U-9 ST308
Monday February 10th	U-7 MINOR 4	U-7 MINOR 3	U-9 ST307
Monday February 24th	U-7 MINOR 1	U-9 ST305	U-9 ST306

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