



TEAM 1- BLACK			
	FRIDAY APRIL 26 th		
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>	
3:00pm	REGISTRATION	Sasktel Be Kind Online Arena	
3:30-4:00pm	DRYLAND TRAINING	PEAK PERFORMANCE	
4:30-5:15pm	SKATING TESTING/POWER SKATING	Sasktel Be Kind Online Arena	
	SATURDAY APRIL 27 th		
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>	
8:45-9:30am	SKILL SESSION #1	Sasktel Be Kind Online Arena	
10:15-10:45am	DRYLAND TRAINING	PEAK PERFORMANCE	
1:00-1:45pm	SKILL SESSION #2	Sasktel Be Kind Online Arena	
3:00-3:45pm	INTRO TO LACROSSE	Brunswick Steel Arena	
5:15-6:00pm	TEAM PRACTICE	Sasktel Be Kind Online Arena	
	SUNDAY APRIL 28 th		
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>	
9:15-10:15am	Game vs. Team 3	Sasktel Be Kind Online Arena	
11:45-12:45pm	Game vs. Team 2	Sasktel Be Kind Online Arena	

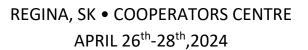






TEAM 2- WHITE			
	FRIDAY APRIL 26 th		
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>	
4:00pm	REGISTRATION	Sasktel Be Kind Online Arena	
4:30-5:00pm	DRYLAND TRAINING	PEAK PERFORMANCE	
5:30-6:15pm	SKATING TESTING/POWER SKATING	Sasktel Be Kind Online Arena	
SATURDAY APRIL 27 th			
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>	
9:45-10:30am	SKILL SESSION #1	Sasktel Be Kind Online Arena	
11:15-11:45am	DRYLAND TRAINING	PEAK PERFORMANCE	
2:00-2:45pm	SKILL SESSION #2	Sasktel Be Kind Online Arena	
4:00-4:45pm	INTRO TO LACROSSE	Brunswick Steel Arena	
6:15-7:00pm	TEAM PRACTICE	Sasktel Be Kind Online Arena	
SUNDAY APRIL 28 th			
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>	
10:30-11:30am	Game vs. Team 4	Sasktel Be Kind Online Arena	
11:45-12:45pm	Game vs. Team 1	Sasktel Be Kind Online Arena	

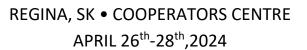






TEAM 3- GREEN			
	FRIDAY APRIL 26 th		
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>	
5:00pm	REGISTRATION	Sasktel Be Kind Online Arena	
5:30-6:00pm	DRYLAND TRAINING	PEAK PERFORMANCE	
6:30-7:15pm	SKATING TESTING/POWER SKATING	Sasktel Be Kind Online Arena	
	SATURDAY APRIL 27 th		
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>	
10:45-11:30am	SKILL SESSION #1	Sasktel Be Kind Online Arena	
12:15-12:45pm	DRYLAND TRAINING	PEAK PERFORMANCE	
3:00-3:45pm	SKILL SESSION #2	Sasktel Be Kind Online Arena	
5:00-5:45pm	INTRO TO LACROSSE	Brunswick Steel Arena	
7:15-8:00pm	TEAM PRACTICE	Sasktel Be Kind Online Arena	
	SUNDAY APRIL 28 th		
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>	
9:15-10:15am	Game vs. Team 1	Sasktel Be Kind Online Arena	
1:00-2:00pm	Game vs. Team 4	Sasktel Be Kind Online Arena	

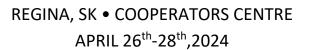






TEAM 4- GREY		
FRIDAY APRIL 26 th		
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
6:00pm	REGISTRATION	Sasktel Be Kind Online Arena
6:30-7:00pm	DRYLAND TRAINING	PEAK PERFORMANCE
7:30-8:15pm	SKATING TESTING/POWER SKATING	Sasktel Be Kind Online Arena
	SATURDAY APRIL 27 th	
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
11:45-12:30pm	SKILL SESSION #1	Sasktel Be Kind Online Arena
1:15-1:45pm	DRYLAND TRAINING	PEAK PERFORMANCE
4:00-4:45pm	SKILL SESSION #2	Sasktel Be Kind Online Arena
6:00-6:45pm	INTRO TO LACROSSE	Brunswick Steel Arena
8:15-9:00pm	TEAM PRACTICE	Sasktel Be Kind Online Arena
	SUNDAY APRIL 28th	
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
10:30-11:30am	Game vs. Team 2	Sasktel Be Kind Online Arena
1:00-2:00pm	Game vs. Team 3	Sasktel Be Kind Online Arena







TEAM 5- BLACK FRIDAY APRIL 26 th		
2:30pm	REGISTRATION	Cooperators Arena
3:00-3:30pm	DRYLAND TRAINING	PEAK PERFORMANCE
4:15-5:00pm	SKATING TESTING/POWER SKATING	Cooperators Arena
	SATURDAY APRIL 27 th	
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
8:30-9:15am	SKILL SESSION #1	Cooperators Arena
9:45-10:15am	DRYLAND TRAINING	PEAK PERFORMANCE
12:45-1:30pm	SKILL SESSION #2	Cooperators Arena
3:00-3:45pm	INTRO TO LACROSSE	Brunswick Steel Arena
5:00-5:45pm	TEAM PRACTICE	Cooperators Arena
	SUNDAY APRIL 28th	
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
9:00-10:00am	Game vs. Team 7	Cooperators Arena
11:30-12:30pm	Game vs. Team 6	Cooperators Arena

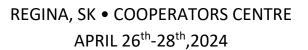






TEAM 6- WHITE		
FRIDAY APRIL 26 th		
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
3:30pm	REGISTRATION	Cooperators Arena
4:00-4:30pm	DRYLAND TRAINING	PEAK PERFORMANCE
5:15-6:00pm	SKATING TESTING/POWER SKATING	Cooperators Arena
	SATURDAY APRIL 27 th	
<u>TIME</u>	<u>ACTIVITY</u>	LOCATION
9:30-10:15am	SKILL SESSION #1	Cooperators Arena
10:45-11:15am	DRYLAND TRAINING	PEAK PERFORMANCE
1:45-2:30pm	SKILL SESSION #2	Cooperators Arena
4:00-4:45pm	INTRO TO LACROSSE	Brunswick Steel Arena
6:00-6:45pm	TEAM PRACTICE	Cooperators Arena
	SUNDAY APRIL 28 th	
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
10:15-11:15am	Game vs. Team 8	Cooperators Arena
11:30-12:30pm	Game vs. Team 5	Cooperators Arena







	TEAM 7- GREEN		
	FRIDAY APRIL 26 th		
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>	
4:30pm	REGISTRATION	Cooperators Arena	
5:00-5:30pm	DRYLAND TRAINING	PEAK PERFORMANCE	
6:15-7:00pm	SKATING TESTING/POWER SKATING	Cooperators Arena	
	SATURDAY APRIL 27 th		
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>	
10:30-11:15am	SKILL SESSION #1	Cooperators Arena	
11:45-12:15pm	DRYLAND TRAINING	PEAK PERFORMANCE	
2:45-3:30pm	SKILL SESSION #2	Cooperators Arena	
5:00-5:45pm	INTRO TO LACROSSE	Brunswick Steel Arena	
7:00-7:45pm	TEAM PRACTICE	Cooperators Arena	
	SUNDAY APRIL 28th		
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>	
9:00-10:00am	Game vs. Team 5	Cooperators Arena	
12:45-1:45pm	Game vs. Team 8	Cooperators Arena	



REGINA, SK • COOPERATORS CENTRE

APRIL 26th-28th,2024



TEAM 8- GREY FRIDAY APRIL 26 th		
5:30pm	REGISTRATION	Cooperators Arena
6:00-6:30pm	DRYLAND TRAINING	PEAK PERFORMANCE
7:15-8:00pm	SKATING TESTING/POWER SKATING	Cooperators Arena
	SATURDAY APRIL 27 th	
TIME	<u>ACTIVITY</u>	<u>LOCATION</u>
11:30-12:15pm	SKILL SESSION #1	Cooperators Arena
12:45-1:15pm	DRYLAND TRAINING	PEAK PERFORMANCE
3:45-4:30pm	SKILL SESSION #2	Cooperators Arena
6:00-6:45pm	INTRO TO LACROSSE	Brunswick Steel Arena
8:00-8:45pm	TEAM PRACTICE	Cooperators Arena
	SUNDAY APRIL 28 th	
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
10:15-11:15am	Game vs. Team 6	Cooperators Arena
12:45-1:45pm	Game vs. Team 7	Cooperators Arena