

HAC Novice3 (N3) (3 practices/week) January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
HOLIDAY BREAK						
← OFF OFF OFF OFF OFF OFF OFF →						
7	8	9	10	11	12	13
N3 practice Hill Park 10-11am	RED Ryerson 7-8 pm	BLUE J.Thompson 7-8 pm	WHITE MacNab St YWCA 6-7 pm	RED Dalewood 6:30-7:30pm	WHITE MacNab St YWCA 6-7 pm	OFF
Novice skills circuit Hill Park 11am-noon	GOLD Hill Park 7-8 pm		BLACK MacNab St YWCA 7-8 pm	BLUE Dalewood 6:30-7:30pm	BLACK MacNab St YWCA 7-8 pm	
					GOLD Hill Park 7-8 pm	
14	15	16	17	18	19	20
BLACK, RED & BLUE Central 8:30-9:30am	RED Ryerson 7-8 pm	BLUE J.Thompson 7-8 pm	WHITE MacNab St YWCA 6-7 pm	RED Dalewood 6:30-7:30pm	WHITE MacNab St YWCA 6-7 pm	Malar meet @ McMaster) session #2 (PM)
GOLD & WHITE Central 9:30-10:30am	GOLD Hill Park 7-8 pm		BLACK MacNab St YWCA 7-8 pm	BLUE Dalewood 6:30-7:30pm	BLACK MacNab St YWCA 7-8 pm	
	<i>Malar meet scratch deadline</i>				GOLD Hill Park 7-8 pm	
21	22	23	24	25	26	27
Malar meet @ McMaster) session #3 (AM) No N3 practice due to meet	RED Ryerson 7-8 pm	BLUE J.Thompson 7-8 pm	WHITE MacNab St YWCA 6-7 pm	RED Dalewood 6:30-7:30pm	WHITE MacNab St YWCA 6-7 pm	OFF
	GOLD Hill Park 7-8 pm		BLACK MacNab St YWCA 7-8 pm	BLUE Dalewood 6:30-7:30pm	BLACK MacNab St YWCA 7-8 pm	
					GOLD Hill Park 7-8 pm	
28	29	30	31			
BLACK, RED & BLUE Central 8:30-9:30am	RED Ryerson 7-8 pm	BLUE J.Thompson 7-8 pm	WHITE MacNab St YWCA 6-7 pm			
GOLD & WHITE Central 9:30-10:30am	GOLD Hill Park 7-8 pm		BLACK MacNab St YWCA 7-8 pm			

NOTES:

*Black, Gold, Red, White or Blue group is selected upon registration, any subsequent changes must get coaches approval 1st

Dec 23 - Jan 6th - Holiday Break - Enjoy!

Jan 7 - N3 practice has been changed to Hill Park from 10-11am

Jan 7 - following the N3 practice, all novice will be able to take part in a skills circuit at Hill Park from 11am-noon

Jan 20&21 - Malar meet @ McMaster - session #2 Sat PM & session #3 Sun AM

Jan 21 - No N3 practice due to the meet

Scratch deadlines:

Please notify Melanie by the **Jan 15th** scratch deadline if not attending one of the groups sessions at the Malar meet to avoid fees