

| Bantam Group 11-14 |                       | (Note: the calendar is meant to be a general template and may not exactly reflect coach prescribed activities) |                          |                       |                          |                              |                                |                               |  |
|--------------------|-----------------------|--|--------------------------|-----------------------|--------------------------|------------------------------|--------------------------------|-------------------------------|--|
|                    |                       | Monday   | Tuesday                  | Wednesday             | Thursday                 | Friday                       | Saturday                       | Sunday                        |  |
| Mon-Aug-30-2021    | Fall 1                | 4:30 Paddle  | 4:30 Paddle              |                       | 4:30 Paddle              | 4:30 Paddle                  | 10:00 Paddle                   |                               |  |
| Mon-Sep-06-2021    |                       | 4:30 Paddle  | 4:30 Paddle              |                       | 4:30 Paddle              | 4:30 Paddle                  | 10:00 Paddle                   |                               |  |
| Mon-Sep-13-2021    |                       | 4:30 Paddle  | 4:30 Paddle              |                       | 4:30 Paddle              | 4:30 Paddle                  | 10:00 Paddle                   |                               |  |
| Mon-Sep-20-2021    |                       | 4:30 Paddle  | 4:30 Paddle              |                       | 4:30 Paddle              | 4:30 Paddle                  | 10:00 Paddle                   |                               |  |
| Mon-Sep-27-2021    |                       | 4:30 Paddle  | 4:30 Paddle              |                       | 4:30 Paddle              | 4:30 Paddle                  | 10:00 Paddle                   |                               |  |
| Mon-Oct-04-2021    | Fall 2                |  | 4:30 Paddle              |                       | 4:30 Paddle              | 4:30 Paddle                  | 10:00 Paddle                   |                               |  |
| Mon-Oct-11-2021    |                       |  | 4:30 Paddle              |                       | 4:30 Paddle              | 4:30 Paddle                  | 10:00 Paddle                   |                               |  |
| Mon-Oct-18-2021    |                       |  | 4:30 Paddle              |                       | 4:30 Paddle              | 4:30 Paddle                  | 10:00 Paddle                   |                               |  |
| Mon-Oct-25-2021    |                       |  | 4:30 Paddle              |                       | 4:30 Paddle              | 4:30 Paddle                  | 10:00 Paddle                   |                               |  |
| Mon-Nov-01-2021    | Seasonal Break        | Seasonal Break   |                          |                       |                          |                              |                                |                               |  |
| Mon-Nov-08-2021    |                       | Seasonal Break   |                          |                       |                          |                              |                                |                               |  |
| Mon-Nov-15-2021    |                       | Seasonal Break   |                          |                       |                          |                              |                                |                               |  |
| Mon-Nov-22-2021    | Winter 1              | 5-6h30 PM Paddle Machine   | 8-9 PM Pool Paddling FPP |                       |                          | 5-6h30 PM Fitness & Run      |                                |                               |  |
| Mon-Nov-29-2021    |                       | 5-6h30 PM Paddle Machine   | 8-9 PM Pool Paddling FPP |                       |                          | 5-6h30 PM Fitness & Run      |                                |                               |  |
| Mon-Dec-06-2021    |                       | 5-6h30 PM Paddle Machine   | 8-9 PM Pool Paddling FPP |                       |                          | 5-6h30 PM Fitness & Run      | 10:00 Winter Testing 1         |                               |  |
| Mon-Dec-13-2021    |                       | 5-6h30 PM Paddle Machine   | 8-9 PM Pool Paddling FPP |                       |                          | 5-6h30 PM Fitness & Run      |                                | Zak - Fly overseas - Holidays |  |
| Mon-Dec-20-2021    |                       | Club Holiday   | Club Holiday             | Club Holiday          | Club Holiday             | Club Holiday                 | SANTA IS HERE                  |                               |  |
| Mon-Dec-27-2021    | Club Holiday          | Club Holiday   | Club Holiday             | Club Holiday          | New Year Eve             | Club Holiday                 |                                |                               |  |
| Mon-Jan-03-2022    | Winter 2              | 5-6h30 PM Paddle Machine   | 8-9 PM Pool Paddling FPP |                       |                          | 5-6h30 PM Fitness & Run      |                                |                               |  |
| Mon-Jan-10-2022    |                       | 5-6h30 PM Paddle Machine   | 8-9 PM Pool Paddling FPP |                       |                          | 5-6h30 PM Fitness & Run      |                                | Zak is Back                   |  |
| Mon-Jan-17-2022    |                       | 5-6h30 PM Paddle Machine   | 8-9 PM Pool Paddling FPP |                       |                          | 5-6h30 PM Fitness & Run      |                                |                               |  |
| Mon-Jan-24-2022    |                       | 5-6h30 PM Paddle Machine   | 8-9 PM Pool Paddling FPP |                       |                          | 5-6h30 PM Fitness & Run      | 10:00 Volley Ball Game         |                               |  |
| Mon-Jan-31-2022    |                       | 5-6h30 PM Paddle Machine   | 8-9 PM Pool Paddling FPP |                       |                          | 5-6h30 PM Fitness & Run      | 10:00 Winter Testing 2         |                               |  |
| Mon-Feb-07-2022    |                       | 5-6h30 PM Paddle Machine   | 8-9 PM Pool Paddling FPP |                       |                          | 5-6h30 PM Fitness & Run      | Cross Country Ski Trip         |                               |  |
| Mon-Feb-14-2022    |                       | 5-6h30 PM Paddle Machine   | 8-9 PM Pool Paddling FPP |                       |                          | 5-6h30 PM Fitness & Run      |                                |                               |  |
| Mon-Feb-21-2022    | Familiy Day - Holiday | 8-9 PM Pool Paddling FPP   |                          |                       | 5-6h30 PM Fitness & Run  |                              |                                |                               |  |
| Mon-Feb-28-2022    | Spring 1              | 5-6h30 PM Paddle Machine   | 8-9 PM Pool Paddling FPP |                       |                          | 5-6h30 PM Fitness & Run      |                                |                               |  |
| Mon-Mar-07-2022    |                       | 5-6h30 PM Paddle Machine   | 8-9 PM Pool Paddling FPP |                       |                          | 5-6h30 PM Fitness & Run      |                                | Daylight saving time          |  |
| Mon-Mar-14-2022    |                       | 5-6h30 PM Paddle Machine   | 8-9 PM Pool Paddling FPP |                       |                          | 5-6h30 PM Fitness & Run      |                                |                               |  |
| Mon-Mar-21-2022    |                       | 5-6h30 PM Paddle Machine   | 8-9 PM Pool Paddling FPP |                       |                          | 5-6h30 PM Fitness & Run      |                                |                               |  |
| Mon-Mar-28-2022    |                       | 5-6h30 PM Paddle Machine   | 8-9 PM Pool Paddling FPP |                       |                          | 5-6h30 PM Fitness & Run      |                                |                               |  |
| Mon-Apr-04-2022    | Spring 2              | 5-6h30 PM Paddle Machine   | 8-9 PM Pool Paddling FPP |                       |                          | 5-6h30 PM Fitness & Run      | Breaking ice - Canoe Trip /    |                               |  |
| Mon-Apr-11-2022    |                       | 5-6h30 PM Paddle Machine   | 8-9 PM Pool Paddling FPP |                       |                          | Casino - Club Fundriser      | Casino - Club Fundriser        |                               |  |
| Mon-Apr-18-2022    |                       | Easter Monday - Holiday  | 8-9 PM Pool Paddling FPP |                       |                          | 5-6h30 PM Fitness & Run      | Club & Boat Clean-up @ Cardiff |                               |  |
| Mon-Apr-25-2022    |                       | 5-6h30 PM Paddle Machine   | 8-9 PM Pool Paddling FPP |                       |                          | 5-6h30 PM Fitness & Run      | Dock instalation @ Cardiff     |                               |  |
| Mon-May-02-2022    | Spring 2              | 4h30-6h30 Back to Paddling   |                          | 4h30-6h30 Paddle      |                          | 4h30-6h30 Paddle             |                                |                               |  |
| Mon-May-09-2022    |                       | 4h30-6h30 Paddle   |                          | 4h30-6h30 Paddle      |                          | 4h30-6h30 Paddle             |                                |                               |  |
| Mon-May-16-2022    |                       | 4h30-6h30 Paddle   |                          | 4h30-6h30 Paddle      |                          | 4h30-6h30 Paddle             |                                |                               |  |
| Mon-May-23-2022    |                       | 4h30-6h30 Paddle   |                          | 4h30-6h30 Paddle      |                          | 4h30-6h30 Paddle             | ASRCA - Provincial Trials CSG  |                               |  |
| Mon-May-30-2022    | Summer 1              | 4h30-6h30 Paddle   |                          | 4h30-6h30 Paddle      |                          | 4h30-6h30 Paddle             |                                |                               |  |
| Mon-Jun-06-2022    |                       | 4h30-6h30 Paddle   |                          | 4h30-6h30 Paddle      |                          | 4h30-6h30 Paddle             |                                |                               |  |
| Mon-Jun-13-2022    |                       | 4h30-6h30 Paddle   |                          | 4h30-6h30 Paddle      |                          | 4h30-6h30 Paddle             |                                |                               |  |
| Mon-Jun-20-2022    |                       | 4h30-6h30 Paddle   |                          | 4h30-6h30 Paddle      |                          | 4h30-6h30 Paddle             |                                |                               |  |
| Mon-Jun-27-2022    |                       | 4h30-6h30 Paddle   |                          | 4h30-6h30 Paddle      |                          | Canada Day - Holiday         |                                |                               |  |
| Mon-Jul-04-2022    | Summer 2              | 9h00-4h00 Day Program  | 9h00-4h00 Day Program    | 9h00-4h00 Day Program | 9h00-4h00 Day Program    | Travel Day to Regina         | CAN-CUP REGINA                 | CAN-CUP REGINA                |  |
| Mon-Jul-11-2022    |                       | 9h00-4h00 Day Program  | 9h00-4h00 Day Program    | 9h00-4h00 Day Program | 9h00-4h00 Day Program    | 9h00-4h00 Day Program        |                                |                               |  |
| Mon-Jul-18-2022    |                       | 9h00-4h00 Day Program  | 9h00-4h00 Day Program    | 9h00-4h00 Day Program | 9h00-4h00 Day Program    | 9h00-4h00 Day Program        |                                |                               |  |
| Mon-Jul-25-2022    |                       | 9h00-4h00 Day Program  | 9h00-4h00 Day Program    | 9h00-4h00 Day Program | 9h00-4h00 Day Program    | 9h00-4h00 Day Program        | Divisional Champs - Calgary    | Divisional Champs - Calgary   |  |
| Mon-Aug-01-2022    | Summer 3              | 9h00-4h00 Day Program  | 9h00-4h00 Day Program    | 9h00-4h00 Day Program | 9h00-4h00 Day Program    | 9h00-4h00 Day Program        | Edmonton Cup 1 - Cardiff       |                               |  |
| Mon-Aug-08-2022    |                       | 9h00-4h00 Day Program  | 9h00-4h00 Day Program    | 9h00-4h00 Day Program | 9h00-4h00 Day Program    | 9h00-4h00 Day Program        |                                |                               |  |
| Mon-Aug-15-2022    |                       | 9h00-4h00 Day Program  | 9h00-4h00 Day Program    | 9h00-4h00 Day Program | 9h00-4h00 Day Program    | 9h00-4h00 Day Program        |                                |                               |  |
| Mon-Aug-22-2022    |                       | - Closed - Canadian Championship in Shawinigan, QC   |                          |                       |                          |                              |                                | Edmonton Cup 2 - Leduc        |  |
| Mon-Aug-29-2022    |                       | 10:00 Paddle   | 10:00 Paddle Crew Boat   | 10:00 Paddle          | 4:30 Paddle Crew Boat    | 4:30 Paddle                  | 10:00 Paddle Crew Boat         |                               |  |
| Mon-Sep-05-2022    | 4:30 Paddle           | 4:30 Paddle Crew Boat  | 4:30 Paddle              | 4:30 Paddle           | Travel to Maple Ridge BC | Pacific Cup - Maple Ridge BC | Pacific Cup - Maple Ridge BC   |                               |  |

| High Performance 15+ | Monday   | Tuesday  | Wednesday                                 | Thursday                                       | Friday  | Saturday                          | Sunday                        |
|----------------------|--|--|---|--|---|-----------------------------------|-------------------------------|
| Mon-Aug-30-2021      | 4:30 Paddle  | 4:30 Paddle                                    | 4:30 Paddle                               | 4:30 Paddle                                    | 4:30 Paddle                                       | 10:00 Paddle                      |                               |
| Mon-Sep-06-2021      | 4:30 Paddle  | 4:30 Paddle                                    | 4:30 Paddle                               | 4:30 Paddle                                    | 4:30 Paddle                                       | 10:00 Paddle                      |                               |
| Mon-Sep-13-2021      | 4:30 Paddle  | 4:30 Paddle                                    | 4:30 Paddle                               | 4:30 Paddle                                    | 4:30 Paddle                                       | 10:00 Paddle                      |                               |
| Mon-Sep-20-2021      | 4:30 Paddle  | 4:30 Paddle                                    | 4:30 Paddle                               | 4:30 Paddle                                    | 4:30 Paddle                                       | 10:00 Paddle                      |                               |
| Mon-Sep-27-2021      | 4:30 Paddle  | 4:30 Paddle                                    | 4:30 Paddle                               | 4:30 Paddle                                    | 4:30 Paddle                                       | 10:00 Paddle                      |                               |
| Mon-Oct-04-2021      | 4:30 Paddle  | 4:30 Paddle                                    | 4:30 Paddle                               | 4:30 Paddle                                    | 4:30 Paddle                                       | 10:00 Paddle                      |                               |
| Mon-Oct-11-2021      | 4:30 Paddle  | 4:30 Paddle                                    | 4:30 Paddle                               | 4:30 Paddle                                    | 4:30 Paddle                                       | 10:00 Paddle / Dock Removal       |                               |
| Mon-Oct-18-2021      | 4:30 Paddle  | 4:30 Paddle                                    | 4:30 Paddle                               | 4:30 Paddle                                    | 4:30 Paddle                                       | 10:00 Paddle                      |                               |
| Mon-Oct-25-2021      | 4:30 Paddle  | 4:30 Paddle                                    | 4:30 Paddle                               | 4:30 Paddle                                    | 4:30 Paddle                                       | 10:00 Paddle / Clean up           |                               |
| Mon-Nov-01-2021      | Seasonal Break                                     |  |   |  |   |                                   |                               |
| Mon-Nov-08-2021      | Seasonal Break                                     |  |   |  |   |                                   |                               |
| Mon-Nov-15-2021      |  |  |   |  | Setting Paddling @ Tennis Club                    | Setting Paddling @ Tennis Club    |                               |
| Mon-Nov-22-2021      | 5-6h30 PM Weights & Run                            | 5-6h30 PM Paddle Machine                       | 5-6h30 PM Weights & Run                   | 8-9 PM Pool Paddling FPP                       | 5-6h30 PM Weights & Run                           | 10:00 Strength & Fitness          |                               |
| Mon-Nov-29-2021      | 5-6h30 PM Weights & Run                            | 5-6h30 PM Paddle Machine                       | 5-6h30 PM Weights & Run                   | 8-9 PM Pool Paddling FPP                       | 5-6h30 PM Weights & Run                           | 10:00 Strength & Fitness          |                               |
| Mon-Dec-06-2021      | 5-6h30 PM Weights & Run                            | 5-6h30 PM Paddle Machine                       | 5-6h30 PM Weights & Run                   | 8-9 PM Pool Paddling FPP                       | 5-6h30 PM Weights & Run                           | 10:00 Winter Testing 1            |                               |
| Mon-Dec-13-2021      | 5-6h30 PM Fitness & Run                            | 5-6h30 PM Paddle Machine                       | 5-6h30 PM Weights & Run                   | 8-9 PM Pool Paddling FPP                       | 5-6h30 PM Weights & Run                           | 10:00 Swimming                    | Zak - Fly overseas - Holidays |
| Mon-Dec-20-2021      | Club Holiday                                       | Club Holiday                                   | Club Holiday                              | Club Holiday                                   | Club Holiday                                      | SANTA IS HERE                     |                               |
| Mon-Dec-27-2021      | Club Holiday                                       | Club Holiday                                   | Club Holiday                              | Club Holiday                                   | New Year Eve                                      | Club Holiday                      |                               |
| Mon-Jan-03-2022      | 5-6h30 PM Weights & Run                            | 5-6h30 PM Paddle Machine                       | 5-6h30 PM Weights & Run                   | 8-9 PM Pool Paddling FPP                       | 5-6h30 PM Weights & Run                           | 10:00 Swimming                    |                               |
| Mon-Jan-10-2022      | 5-6h30 PM Weights & Run                            | 5-6h30 PM Paddle Machine                       | 5-6h30 PM Weights & Run                   | 8-9 PM Pool Paddling FPP                       | 5-6h30 PM Weights & Run                           | 10:00 Swimming                    | Zak is Back                   |
| Mon-Jan-17-2022      | 5-6h30 PM Weights & Run                            | 5-6h30 PM Paddle Machine                       | 5-6h30 PM Weights & Run                   | 8-9 PM Pool Paddling FPP                       | 5-6h30 PM Weights & Run                           | 10:00 Winter Testing 2            |                               |
| Mon-Jan-24-2022      | 5-6h30 PM Weights & Run                            | 5-6h30 PM Paddle Machine                       | 5-6h30 PM Weights & Run                   | 8-9 PM Pool Paddling FPP                       | 5-6h30 PM Weights & Run                           | Cross Country Ski Trip            |                               |
| Mon-Jan-31-2022      | 5-6h30 PM Weights & Run                            | 6-7 AM Swimming<br>5-6 PM Paddle Machine       | 5-6h30 PM Weights & Run                   | 8-9 PM Pool Paddling FPP                       | 5-6h30 Winter Testing 3                           | 10:00 Volley Ball / Soccer        |                               |
| Mon-Feb-07-2022      | 5-6h30 PM Weights & Run                            | 6-7 AM Swimming<br>5-6 PM Paddle Machine       | 5-6h30 PM Weights & Run                   | 8-9 PM Pool Paddling FPP                       | 6-7 AM YOGA & Stretching<br>5-6 PM Paddle Machine | Cross Country Ski Trip            |                               |
| Mon-Feb-14-2022      | 5-6h30 PM Weights & Run                            | 6-7 AM Swimming<br>5-6 PM Paddle Machine       | 5-6h30 PM Weights & Run                   | 8-9 PM Pool Paddling FPP                       | 6-7 AM YOGA & Stretching<br>5-6 PM Paddle Machine | 10:00 Winter Testing 4            |                               |
| Mon-Feb-21-2022      | 5-6h30 PM Weights & Run                            | 6-7 AM Swimming<br>5-6 PM Paddle Machine       | 5-6h30 PM Weights & Run                   | 8-9 PM Pool Paddling FPP                       | 6-7 AM YOGA & Stretching<br>5-6 PM Paddle Machine | Cross Country Ski Trip            |                               |
| Mon-Feb-28-2022      | Familiy Day - Holiday                              | 6-7 AM Swimming<br>5-6 PM Paddle Machine       | 5-6h30 PM Weights & Run                   | FLORIDA FLY ??                                 | FLORIDA FLY ??                                    | FLORIDA FLY ??                    | FLORIDA CAMP                  |
| Mon-Mar-07-2022      | FLORIDA CAMP                                       | FLORIDA CAMP                                   | FLORIDA CAMP                              | FLORIDA CAMP                                   | FLORIDA CAMP                                      | FLORIDA CAMP                      | FLORIDA CAMP                  |
| Mon-Mar-14-2022      | FLORIDA CAMP                                       | FLORIDA CAMP                                   |   | FLORIDA CAMP                                   | FLORIDA CAMP                                      | FLORIDA CAMP                      | FLORIDA CAMP                  |
| Mon-Mar-21-2022      | FLORIDA CAMP                                       | FLORIDA CAMP                                   | FLORIDA CAMP                              | FLORIDA CAMP                                   | FLORIDA CAMP                                      | FLORIDA CAMP                      | FLORIDA CAMP                  |
| Mon-Mar-28-2022      | FLORIDA CAMP                                       | FLORIDA CAMP                                   | FLORIDA CAMP                              | FLORIDA CAMP                                   | FLORIDA CAMP                                      | FLORIDA CAMP                      | FLORIDA CAMP                  |
| Mon-Apr-04-2022      | Recovery - Day OFF                                 | Recovery - Day OFF                             | Recovery - Day OFF                        | 8-9 PM Pool Paddling FPP                       | 6-7 AM YOGA & Stretching<br>5-6 PM Paddle Machine | 10:00 Strength & Fitness          |                               |
| Mon-Apr-11-2022      | 5-6h30 PM Fitness & Run                            | 6-7 AM Swimming<br>5-6 PM Paddle Machine       | 5-6h30 PM Weights & Run                   | 8-9 PM Pool Paddling FPP                       | 6-7 AM YOGA & Stretching<br>5-6 PM Paddle Machine | Breaking ice - Canoe Trip / River |                               |
| Mon-Apr-18-2022      | 5-6h30 PM Fitness & Run                            | 6-7 AM Swimming<br>5-6 PM Paddle Machine       | 5-6h30 PM Weights & Run                   | 8-9 PM Pool Paddling FPP                       | Casino - Club Fundriser                           | Casino - Club Fundriser           |                               |
| Mon-Apr-25-2022      | Easter Monday - Holiday                            | 4h30-6h30 Back to Paddling                     | 4h30-6h30 Paddle                          | 4h30-6h30 Paddle                               | 4h30-6h30 Paddle                                  | Club & Boat Clean-up @ Cardiff    |                               |
| Mon-May-02-2022      | 4h30-6h30 Paddle                                   | 4h30-6h30 Paddle                               | 4h30-6h30 Paddle                          | 4h30-6h30 Paddle                               | 4h30-6h30 Paddle                                  | Dock instalation @ Cardiff        |                               |
| Mon-May-09-2022      | 4h30-6h30 Paddle                                   | 6:00 AM & 4:30 PM Paddle                       | 4h30-6h30 Paddle                          | 6:00 AM & 4:30 PM Paddle                       | 4h30-6h30 Paddle                                  | 10:00 Paddle Long Dist            |                               |
| Mon-May-16-2022      | 4h30-6h30 Paddle                                   | 6:00 AM & 4:30 PM Paddle                       | 4h30-6h30 Paddle                          | 6:00 AM & 4:30 PM Paddle                       | 4h30-6h30 Paddle                                  | 10:00 Paddle Long Dist            |                               |
| Mon-May-23-2022      | 4h30-6h30 Paddle                                   | 6:00 AM & 4:30 PM Paddle                       | 4h30-6h30 Paddle                          | 6:00 AM & 4:30 PM Paddle                       | 4h30-6h30 Paddle                                  | 10:00 Paddle Long Dist            |                               |
| Mon-May-30-2022      | 4h30-6h30 Paddle                                   | 6:00 AM & 4:30 PM Paddle                       | 4h30-6h30 Paddle                          | 6:00 AM & 4:30 PM Paddle                       | 4h30-6h30 Paddle                                  | ASRCA - Provincial Trials CSG     |                               |
| Mon-Jun-06-2022      | 4h30-6h30 Paddle                                   | 6:00 AM & 4:30 PM Paddle                       | 4h30-6h30 Paddle                          | 6:00 AM & 4:30 PM Paddle                       | 4h30-6h30 Paddle                                  | Mental Training Session           |                               |
| Mon-Jun-13-2022      | 4h30-6h30 Paddle                                   | 6:00 AM & 4:30 PM Paddle                       | 4h30-6h30 Paddle                          | 6:00 AM & 4:30 PM Paddle                       | 4h30-6h30 Paddle & Crew                           | Nutrition Session                 |                               |
| Mon-Jun-20-2022      | 4h30-6h30 Paddle                                   | 6:00 AM & 4:30 PM Paddle                       | 4h30-6h30 Paddle                          | 6:00 AM & 4:30 PM Paddle                       | 4h30-6h30 Paddle & Crew                           | 10:00 Paddle Long Dist            |                               |
| Mon-Jun-27-2022      | 4h30-6h30 Paddle                                   | 6:00 AM & 4:30 PM Paddle                       | 4h30-6h30 Paddle                          | 6:00 AM & 4:30 PM Paddle                       | National Team Trials 2                            | National Team Trials 2            | National Team Trials 2        |
| Mon-Jul-04-2022      | 4h30-6h30 Paddle                                   | 6:00 AM & 4:30 PM Paddle                       | 4h30-6h30 Paddle                          | 6:00 AM & 4:30 PM Paddle                       | Canada Day - Holiday                              | 10:00 Paddle Long Dist            |                               |
| Mon-Jul-11-2022      | 12h30 Paddle & Run                                 | 7:00 & 12:30 Paddle & Fitness                  | 12h30 Paddle & Run                        | 7:00 & 12:30 Paddle & Fitness                  | Travel Day to Regina                              | CAN-CUP REGINA                    | CAN-CUP REGINA                |
| Mon-Jul-18-2022      | 12h30 Paddle & Run                                 | 7:00 & 12:30 Paddle & Fitness                  | 12h30 Paddle & Run                        | 7:00 & 12:30 Paddle & Fitness                  | 7h00 & 12h30 Paddle & Crew                        | 10:00 Paddle Long Dist            |                               |
| Mon-Jul-25-2022      | 12h30 Paddle & Run                                 | 7:00 & 12:30 Paddle & Fitness                  | 12h30 Paddle & Run                        | 7:00 & 12:30 Paddle & Fitness                  | 7h00 & 12h30 Paddle & Crew                        | 10:00 Paddle Long Dist            |                               |
| Mon-Aug-01-2022      | 12h30 Paddle & Run                                 | 7:00 & 12:30 Paddle & Fitness                  | 12h30 Paddle & Run                        | 7:00 & 12:30 Paddle & Fitness                  | 7h00 & 12h30 Paddle & Crew                        | Divisional Champs - Calgary       | Divisional Champs - Calgary   |
| Mon-Aug-08-2022      | 12h30 Paddle & Run                                 | 7:00 & 12:30 Paddle & Fitness                  | 12h30 Paddle & Run                        | 7:00 & 12:30 Paddle & Fitness                  | 7h00 & 12h30 Paddle & Crew                        | 10:00 Paddle Long Dist            |                               |
| Mon-Aug-15-2022      | 10h00 Paddle & Run<br>Canada Summer Games          | 10:00AM & 2:00PM Paddle<br>Canada Summer Games | 10h00 Paddle & Run<br>Canada Summer Games | 10:00AM & 2:00PM Paddle<br>Canada Summer Games | 10:00 AM Paddle<br>Canada Summer Games            | FLY to Nationals                  | Training day 1 @ Nationals    |
| Mon-Aug-22-2022      | Training day 2 @ Nationals                         |  |   |  |   |                                   |                               |
|                      | - Closed - Canadian Championship in Shawinigan, QC |  |   |  |   |                                   |                               |