

| Girls ECNL RL | | | | | | | | | | | | | | |
|---------------|---------------------------|------------------------------|------------|----------------------------|---------------|------------|----------------------------|---------------|------------|----------------------------|---------------|------------|--------------------------|---------------|
| 2009 girls | | | 2008 girls | | | 2007 girls | | | 2006 girls | | | 2005 girls | | |
| Session 1 | Dec 18, Wed, 5:15-6:15pm | SAQ Training | Session 1 | Dec 19, Thurs, 5:15-6:15pm | No training | Session 1 | Dec 17, Tues, 6:15-7:15pm | No training | Session 1 | Dec 17, Tues, 6:15-7:15pm | No training | Session 1 | Dec 18, Wed, 7:15-8:15pm | No training |
| Session 2 | Jan 8, Wed, 5:15-6:15pm | No training | Session 2 | Jan 9, Thurs, 5:15-6:15pm | 6:30pm-7:30pm | Session 2 | Jan 6, Mon, 6:15-7:15pm | 7:30pm-8:30pm | Session 2 | Jan 7, Tues, 6:15-7:15pm | 7:30pm-8:30pm | Session 2 | Jan 7, Tues, 6:15-7:15pm | 7:30pm-8:30pm |
| Session 3 | Jan 19, Wed, 5:15-6:15pm | Jan 16, Thurs, 6:30pm-7:30pm | Session 3 | Jan 16, Thurs, 5:15-6:15pm | 6:30pm-7:30pm | Session 3 | Jan 14, Mon, 6:15-7:15pm | 7:30pm-8:30pm | Session 3 | Jan 14, Tues, 6:15-7:15pm | 7:30pm-8:30pm | Session 3 | Jan 15, Wed, 7:15-8:15pm | 6:15pm-7:15pm |
| Session 4 | Jan 22, Wed, 5:15-6:15pm | Jan 23, Thurs, 6:30pm-7:30pm | Session 4 | Jan 23, Thurs, 5:15-6:15pm | 6:30pm-7:30pm | Session 4 | Jan 20, Mon, 6:15-7:15pm | 7:30pm-8:30pm | Session 4 | Jan 20, Tues, 6:15-7:15pm | 7:30pm-8:30pm | Session 4 | Jan 22, Wed, 7:15-8:15pm | 6:15pm-7:15pm |
| Session 5 | Jan 29, Wed, 5:15-6:15pm | Jan 30, Thurs, 6:30pm-7:30pm | Session 5 | Jan 30, Thurs, 5:15-6:15pm | 6:30pm-7:30pm | Session 5 | Jan 27, Mon, 6:15-7:15pm | 7:30pm-8:30pm | Session 5 | Jan 28, Tues, 6:15-7:15pm | 7:30pm-8:30pm | Session 5 | Jan 29, Wed, 7:15-8:15pm | 6:15pm-7:15pm |
| Session 6 | Feb 5, Wed, 5:15-6:15pm | Feb 6, Thurs, 6:30pm-7:30pm | Session 6 | Feb 6, Thurs, 5:15-6:15pm | 6:30pm-7:30pm | Session 6 | Feb 3, Mon, 6:15-7:15pm | 7:30pm-8:30pm | Session 6 | Feb 4, Tues, 6:15-7:15pm | 7:30pm-8:30pm | Session 6 | Feb 5, Wed, 7:15-8:15pm | 6:15pm-7:15pm |
| Session 7 | Feb 12, Wed, 5:15-6:15pm | Feb 13, Thurs, 6:30pm-7:30pm | Session 7 | Feb 13, Thurs, 5:15-6:15pm | 6:30pm-7:30pm | Session 7 | Feb 10, Mon, 6:15-7:15pm | 7:30pm-8:30pm | Session 7 | Feb 11, Tues, 6:15-7:15pm | 7:30pm-8:30pm | Session 7 | Feb 12, Wed, 7:15-8:15pm | 6:15pm-7:15pm |
| Session 8 | Feb 19, Wed, 5:15-6:15pm | Feb 20, Thurs, 6:30pm-7:30pm | Session 8 | Feb 20, Thurs, 5:15-6:15pm | 6:30pm-7:30pm | Session 8 | Feb 17, Mon, 6:15-7:15pm | 7:30pm-8:30pm | Session 8 | Feb 18, Tues, 6:15-7:15pm | 7:30pm-8:30pm | Session 8 | Feb 19, Wed, 7:15-8:15pm | 6:15pm-7:15pm |
| Session 9 | Feb 26, Wed, 5:15-6:15pm | Feb 27, Thurs, 6:30pm-7:30pm | Session 9 | Feb 27, Thurs, 5:15-6:15pm | 6:30pm-7:30pm | Session 9 | Feb 24, Mon, 6:15-7:15pm | 7:30pm-8:30pm | Session 9 | Feb 25, Tues, 6:15-7:15pm | 7:30pm-8:30pm | Session 9 | Feb 26, Wed, 7:15-8:15pm | 6:15pm-7:15pm |
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| Boys VPSL | | | | | | | | | | | | | | |
| 2009 boys | | | 2008 boys | | | 2007 boys | | | 2006 boys | | | 2005 boys | | |
| Session 1 | Dec 17, Tues, 6:15-7:15pm | SAQ Training | Session 1 | Dec 17, Tues, 6:15-7:15pm | No training | Session 1 | Dec 19, Thurs, 6:15-7:15pm | No training | Session 1 | Dec 19, Thurs, 6:15-7:15pm | No training | Session 1 | Dec 18, Wed, 6:15-7:15pm | No training |
| Session 2 | Jan 7, Tues, 6:15-7:15pm | 6:30pm-7:30pm | Session 2 | Jan 7, Tues, 6:15-7:15pm | 6:30pm-7:30pm | Session 2 | Jan 6, Mon, 6:15-7:15pm | 7:30pm-8:30pm | Session 2 | Jan 6, Tues, 6:15-7:15pm | 7:30pm-8:30pm | Session 2 | Jan 8, Wed, 6:15-7:15pm | 7:30pm-8:30pm |
| Session 3 | Jan 14, Tues, 6:15-7:15pm | 6:30pm-7:30pm | Session 3 | Jan 14, Tues, 6:15-7:15pm | 6:30pm-7:30pm | Session 3 | Jan 12, Mon, 6:15-7:15pm | 7:30pm-8:30pm | Session 3 | Jan 13, Tues, 6:15-7:15pm | 7:30pm-8:30pm | Session 3 | Jan 15, Wed, 6:15-7:15pm | 7:30pm-8:30pm |
| Session 4 | Jan 21, Tues, 6:15-7:15pm | 6:30pm-7:30pm | Session 4 | Jan 21, Tues, 6:15-7:15pm | 6:30pm-7:30pm | Session 4 | Jan 20, Mon, 6:15-7:15pm | 7:30pm-8:30pm | Session 4 | Jan 20, Tues, 6:15-7:15pm | 7:30pm-8:30pm | Session 4 | Jan 22, Wed, 6:15-7:15pm | 7:30pm-8:30pm |
| Session 5 | Jan 28, Tues, 6:15-7:15pm | 6:30pm-7:30pm | Session 5 | Jan 28, Tues, 6:15-7:15pm | 6:30pm-7:30pm | Session 5 | Jan 27, Mon, 6:15-7:15pm | 7:30pm-8:30pm | Session 5 | Jan 28, Tues, 6:15-7:15pm | 7:30pm-8:30pm | Session 5 | Jan 29, Wed, 6:15-7:15pm | 7:30pm-8:30pm |
| Session 6 | Feb 4, Tues, 6:15-7:15pm | 6:30pm-7:30pm | Session 6 | Feb 4, Tues, 6:15-7:15pm | 6:30pm-7:30pm | Session 6 | Feb 3, Mon, 6:15-7:15pm | 7:30pm-8:30pm | Session 6 | Feb 4, Tues, 6:15-7:15pm | 7:30pm-8:30pm | Session 6 | Feb 5, Wed, 6:15-7:15pm | 7:30pm-8:30pm |
| Session 7 | Feb 11, Tues, 6:15-7:15pm | 6:30pm-7:30pm | Session 7 | Feb 11, Tues, 6:15-7:15pm | 6:30pm-7:30pm | Session 7 | Feb 10, Mon, 6:15-7:15pm | 7:30pm-8:30pm | Session 7 | Feb 11, Tues, 6:15-7:15pm | 7:30pm-8:30pm | Session 7 | Feb 12, Wed, 6:15-7:15pm | 7:30pm-8:30pm |
| Session 8 | Feb 18, Tues, 6:15-7:15pm | 6:30pm-7:30pm | Session 8 | Feb 18, Tues, 6:15-7:15pm | 6:30pm-7:30pm | Session 8 | Feb 17, Mon, 6:15-7:15pm | 7:30pm-8:30pm | Session 8 | Feb 18, Tues, 6:15-7:15pm | 7:30pm-8:30pm | Session 8 | Feb 19, Wed, 6:15-7:15pm | 7:30pm-8:30pm |
| Session 9 | Feb 25, Tues, 6:15-7:15pm | 6:30pm-7:30pm | Session 9 | Feb 25, Tues, 6:15-7:15pm | 6:30pm-7:30pm | Session 9 | Feb 24, Mon, 6:15-7:15pm | 7:30pm-8:30pm | Session 9 | Feb 25, Tues, 6:15-7:15pm | 7:30pm-8:30pm | Session 9 | Feb 26, Wed, 6:15-7:15pm | 7:30pm-8:30pm |

| | AP Boys Group 1 | AP Boys Group 2 | AP Girls | |
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| Session 1 | Jan 8: Wednesday, 5:15-6:15pm | Dec 18: Wed, 5:15-6:15pm | Jan 6: Monday, 5:15-6:15pm | |
| Session 2 | Jan 22: Wednesday, 5:15-6:15pm | Jan 15: Wed, 5:15-6:15pm | Jan 20: Monday, 5:15-6:15pm | |
| Session 3 | Feb 5: Wednesday, 5:15-6:15pm | Jan 29: Wed, 5:15-6:15pm | Feb 3: Monday, 5:15-6:15pm | |
| Session 4 | Feb 19: Wednesday, 5:15-6:15pm | Feb 12: Wed, 5:15-6:15pm | Feb 17: Monday, 5:15-6:15pm | |
| Session 5 | March 4: Wednesday, 5:15-6:15pm | Feb 26: Wed, 5:15-6:15pm | March 2: Monday, 5:15-6:15pm | |
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