

November 2022 SVR U16 Regional High Performance



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	1	2	3	4	5	6
						eason Camp 1 - BC - SNOW?
7	8	9	10	11	12	13
						First Day of SVSC Training 1730- 1930hrs
				U14/U16	Preseason Camp 2 -	Castle TBC
14	15	16	17	18	19	20
	Training SVSC 1800- 2000hrs		Training SVSC 1800- 2000hrs			Training SVSC 1730- 1930hrs
U14/U16	Preseason Camp 2 - (Castle TBC				
21	22	23	24	25	26	27
	Training SVSC 1800- 2000hrs		Training SVSC 1800- 2000hrs			Training SVSC 1730-1930hrs
				U14/U16 Preseason Camp 3 - Jasper TBC		
28	29	30	1	2	3	4
U14/U16 Preseason	Training SVSC 1800- 2000hrs		Training SVSC 1800- 2000hrs			Training SVSC 1730- 1930hrs
Camp 3 - Jasper TBC					U14/U16 Preseaso	on Camp 4 - Jasper



December 2022 SVR U16 Regional High Performance



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
28	29	30	1	2	3	4	
	Training SVSC 1800- 2000hrs		Training SVSC 1800- 2000hrs			Training SVSC 1730- 1930hrs	
					U14/U16 Prese	eason 4 - Jasper	
5	6	7	8	9	10	11	
	Training SVSC 1800- 2000hrs		Training SVSC 1800- 2000hrs			Training SVSC 1730- 1930hrs	
					U14/U16 Race Prep Camp - (NORQ/SUNSH or TBC ASAP)		
12	13	14	15	16	17	8	
U14/U16 Preseason	Training SVSC 6:00- 7:30pm		Training SVSC 1800- 2000hrs	U14/U16		Training SVSC 1730- 1930hrs	
Camp 5 - Bow Valley TBC				RHO - SRT - SL	U14/U16 Rabbit Hill Open - 2 SL		
19	20	21	22	23	24	25	
	Training SVSC 1800- 2000hrs		Training SVSC 1800- 2000hrs		Christmas Eve	Christmas Day	
26	27	28	29	30	31	1	
					New Years Eve	New Years Day	
2	3	4	5	6	7	8	
			U16 F	Provincial Series #1 -	Norquay - 2 Trg 2 SL	1 GS	
		U14 New Years Race Prep Camp - Jasper					



January 2023 SVR U16 Regional High Performance



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		28	29	30	31	1
					New Years Eve	New Years Day
2	3	4	5	6	7	8 Training SVSC 1730- 1930hrs
			U16 P	rovincial Series #1 -	Norquay - 2 Trg 2 SL	1 GS
9	10	11	12	13	14	15
U16 Prov #1	Training SVSC 1800- 2000hrs		Training SVSC 1800- 2000hrs			Training SVSC 1730 1930hrs
16	17	18	19	20	21	22
	Training SVSC 1800- 2000hrs		Training SVSC 1800- 2000hrs			Training SVSC 1730-1930hrs
				U14/U16 Camp - Bow Valley		
23	24	25	26	27	28	29
	Training SVSC 1800- 2000hrs		Training SVSC 1800- 2000hrs			Training SVSC 1730-1930hrs
				SRT - Red Deer	Regional Series	Red Deer - GS SL



February 2023 SVR U16 Regional High Performance



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	1	2	3	4	5
	Training SVSC 1800- 2000hrs		Training SVSC 1800- 2000hrs			Training SVSC 1730-1930hrs
				REGIONAL SRT - RHSC		ce - RHSC - GS SL
6	7	8	9	10	11	12
	Training SVSC 1800- 2000hrs		Training SVSC 1800- 2000hrs			Training SVSC 1730-1930hrs
U16 A	A Speed Camp & Pro	vincial Series #3 - La	ke Louise - 2 Trg 2 SC	G 1 GS		
13	14	15	16	17	18	19
	Training SVSC 1800- 2000hrs		Training SVSC 1800- 2000hrs			Training SVSC 1730-1930hrs
					U14/U16 Tri M	lountain Camp
20	21	22	23	24	25	26
Family Day U14/U16 Tri Mountain Camp	Training SVSC 1800- 2000hrs		Training SVSC 1800- 2000hrs		REGIONAL Race - SVR - SL	
27	28	1	2	3	4	5 Training
	Training SVSC 1800- 2000hrs		Training SVSC 1800- 2000hrs			SVSC 1730- 1930hrs
			U16	Westerns - Red Mou	ntain - 1 Trg 3 Race	Days



March 2023 SVR U16 Regional High Performance



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
27	28	1	2	3	4	5 Training SVSC 1730- 1930hrs	
	Training SVSC 1800- 2000hrs		Training SVSC 1800- 2000hrs				
			U16	Westerns - Red Moเ	ıntain - 1 Trg 3 Race	Days	
6	7	8	9	10	11	12	
	Training SVSC 1800- 2000hrs		Training SVSC 1800- 2000hrs			Training SVSC 1730- 1930hrs	
13	14	15	16	17	18	19	
	Training SVSC 1800- 2000hrs		Training SVSC 1800- 2000hrs			Training SVSC 1730- 1930hrs	
				U14/U16	Race Prep Camp - B	ow Valley	
20	21	22	23	24	25	26	
	Training SVSC 1800- 2000hrs		Training SVSC 1800- 2000hrs				
				Regional Finals - Jasper - SRT GS SL			
27	28	29	30	31	1	2	
			U	J16 Provincial Finals - Nakiska Trg SG GS SL			
3	4	5	6	7	8	9	
	SVR SPRING CAMPS - April 20-23 & May 10-14, 2023						