



# September 2022

## Dryland Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31	1 First Day of School	2	3	4
5 Labour Day	6 Dryland Training - Agility/Balance - SVSC - 6:00- 8:00pm	7	8 Dryland Training - Strength - SVSC - 6:00-8:00pm	9	10 Dryland Training - Aerobic (Running/Biking) - Argyll Fields 9:00- 11:00	11
12	13 Dryland Training - Agility/Balance - SVSC - 6:00- 8:00pm	14	15 Dryland Training - Strength - SVSC - 6:00-8:00pm	16	17 Dryland Training - Aerobic (Running/Biking) - Argyll Fields 9:00- 11:00	18
19	20 Dryland Training - Agility/Balance - SVSC - 6:00- 8:00pm	21 U14/U16 Calendar Review Meeting 1900hrs	22 Dryland Training - Strength - SVSC - 6:00-8:00pm	23	48 Dryland Training - Aerobic (Running/Biking) - Argyll Fields 9:00- 11:00	25
26	27 Dryland Training - Agility/Balance - SVSC - 6:00- 8:00pm (AP)	28	29 Dryland Training - Strength - SVSC - 6:00-8:00pm (AP)	30	1 Dryland Training - Aerobic (Running/Biking) - Argyll Fields 9:00- 11:00	2



# October 2022 Dryland Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27 Dryland Training - Agility/Balance - SVSC - 5:00- 7:00pm (AP)	28	29 Dryland Training - Strength - SVSC - 5:00-7:00pm (AP)	30	1 Dryland Training - Aerobic (Running/Biking) - Argyll Fields 9:00- 11:00	2
3 New Parent Meeting 1900hrs	4 Dryland Training - Agility/Balance - SVSC - 5:00- 7:00pm	5 Nancy Greene Parent Meeting @ 1800hrs & U12 Parent Meeting @1930hrs	6 Dryland Training - Strength - SVSC - 5:00-7:00pm	7	8 Dryland Training - Aerobic (Running/Biking) - Argyll Fields 9:00- 11:00	9
10 Thanksgiving	11 Dryland Training - Agility/Balance - SVSC - 5:00- 7:00pm	12 Regional Parent Meeting @ 1800hrs Provincial Parent Meeting @ 1900hrs	13 Dryland Training - Strength - SVSC - 5:00-7:00pm	14 <b>Snow Valley Racing Silent Auction &amp; Dinner</b>	15 Dryland Training - Aerobic (Running/Biking) - Argyll Fields 9:00- 11:00	16
17	18 Dryland Training - Agility/Balance - SVSC - 5:00- 7:00pm	19	20 Dryland Training - Strength - SVSC - 5:00-7:00pm	21	22 Dryland Training - Aerobic (Running/Biking) - Argyll Fields 9:00- 11:00	23
				SVSC Ski Swap		
24	25 Dryland Training - Agility/Balance - SVSC - 5:00- 7:00pm	26	27 Dryland Training - Strength - SVSC - 65:00-7:00pm	28	29 Dryland Final Physical Testing - Location and Time TBA	30