

# CAPITAL CITY HOOPS SPRING TRAINING SCHEDULE

## April

## 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	<b>Shots Club North Side:</b> 5 <b>Int to Adv Level: 11 – 13 years old</b> <b>6:00pm to 7:00pm</b> <b>Loc: Central Lions Rec Centre</b>	<b>Practice Day North Side:</b> 6 <b>2 – 3pm: 4 – 9 years old coed</b> <b>3 – 4pm: Girls 10 - 17 years old</b> <b>4 – 5pm Boys 10 – 17 years old</b> <b>Loc: Ecole Pere-Lacombe</b>  <b>Shots Club North Side:</b> <b>Int to Adv Level: 14 – 17 years old</b> <b>7:00pm to 8:00pm</b> <b>Loc: Central Lions Rec Centre</b>	7
8	9	10	11	<b>Scoring Clinic North Side:</b> 12 <b>Int to Adv Level: 11 – 13 years old</b> <b>6:00pm to 7:00pm</b> <b>Loc: Central Lions Rec Centre</b>	<b>Game Time North Side:</b> 13 <b>2 - 3pm: 4 – 9 years old coed</b> <b>3 – 4pm: Girls 10 - 17 years old</b> <b>4 – 5pm Boys 10 – 17 years old</b> <b>Loc: Ecole Pere-Lacombe</b>  <b>Scoring Clinic North Side:</b> <b>Int to Adv Level: 14 – 17 years old</b> <b>7:00pm to 8:00pm</b> <b>Loc: Central Lions Rec Centre</b>	14
15	16	17	18	<b>Shots Club North Side:</b> 19 <b>Int to Adv Level: 11 – 13 years old</b> <b>6:00pm to 7:00pm</b> <b>Loc: Central Lions Rec Centre</b>	<b>Shots Club North Side:</b> 20 <b>Int to Adv Level: 14 – 17 years old</b> <b>7:00pm to 8:00pm</b> <b>Loc: Central Lions Rec Centre</b>	21
22	23	24	25	<b>Scoring Clinic North Side:</b> 26 <b>Int to Adv Level: 11 – 13 years old</b> <b>6:00pm to 7:00pm</b> <b>Loc: Central Lions Rec Centre</b>	<b>Practice Day North Side:</b> 27 <b>2 – 3pm: 4 – 9 years old coed</b> <b>3 – 4pm: Girls 10 - 17 years old</b> <b>4 – 5pm Boys 10 – 17 years old</b> <b>Loc: Ecole Pere-Lacombe</b>  <b>Scoring Clinic North Side:</b> <b>Int to Adv Level: 14 – 17 years old</b> <b>7:00pm to 8:00pm</b> <b>Loc: Central Lions Rec Centre</b>	28
29	30					

# CAPITAL CITY HOOPS SPRING TRAINING SCHEDULE

May

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	<b>Shots Clinic North Side:</b> 3 Int to Adv Level: 11 – 13 years old 6:00pm to 7:00pm Loc: Central Lions Rec Centre	<b>Game Time North Side:</b> 4 2 - 3pm: 4 – 9 years old coed 3 – 4pm: Girls 10 - 17 years old 4 – 5pm Boys 10 – 17 years old Loc: Ecole Pere-Lacombe  <b>Shots Club North Side:</b> Int to Adv Level: 14 – 17 years old 7:00pm to 8:00pm Loc: Central Lions Rec Centre	5
6	7	8	9	<b>Scoring Clinic North Side:</b> 10 Int to Adv Level: 11 – 13 years old 6:00pm to 7:00pm Loc: Central Lions Rec Centre	<b>Practice Day North Side:</b> 11 2 – 3pm: 4 – 9 years old coed 3 – 4pm: Girls 10 - 17 years old 4 – 5pm Boys 10 – 17 years old Loc: Ecole Pere-Lacombe  <b>Scoring Clinic North Side:</b> Int to Adv Level: 14 – 17 years old 7:00pm to 8:00pm Loc: Central Lions Rec Centre	12
13	14	15	16	<b>Shots Club North Side:</b> 17 Int to Adv Level: 11 – 13 years old 6:00pm to 7:00pm Loc: Central Lions Rec Centre	<b>Shots Club North Side</b> 18 Int to Adv Level: 14 – 17 years old 7:00pm to 8:00pm Loc: Central Lions Rec Centre	19
20	21	22	23	<b>Scoring Clinic North Side:</b> 24 Int to Adv Level: 11 – 13 years old 6:00pm to 7:00pm Loc: Central Lions Rec Centre	<b>Game Time North Side:</b> 25 2 - 3pm: 4 – 9 years old coed 3 – 4pm: Girls 10 - 17 years old 4 – 5pm Boys 10 – 17 years old Loc: Ecole Pere-Lacombe  <b>Scoring Clinic North Side:</b> Int to Adv Level: 14 – 17 years old 7:00pm to 8:00pm Loc: Central Lions Rec Centre	26
27	28	29	30	<b>Shots Club North Side:</b> 31 Int to Adv Level: 11 – 13 years old 6:00pm to 7:00pm Loc: Central Lions Rec Centre		

# CAPITAL CITY HOOPS SPRING TRAINING SCHEDULE

June

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					<p><u>Practice Day North Side:</u> 1</p> <p>2 – 3pm: 4 – 9 years old coed                      3 – 4pm: Girls 10 - 17 years old                      4 – 5pm Boys 10 – 17 years old</p> <p>Loc: Ecole Pere-Lacombe</p> <p><u>Shots Club North Side:</u>                      Int to Adv Level: 14 – 17 years old                      7:00pm to 8:00pm                      Loc: Central Lions Rec Centre</p>	2
3	4	5	6	<p><u>Scoring Clinic North Side:</u> 7</p> <p>Int to Adv Level: 11 – 13 years old                      6:00pm to 7:00pm                      Loc: Central Lions Rec Centre</p>	<p><u>Game Time North Side:</u> 8</p> <p>2 - 3pm: 4 – 9 years old coed                      3 – 4pm: Girls 10 - 17 years old                      4 – 5pm Boys 10 – 17 years old</p> <p>Loc: Ecole Pere-Lacombe</p> <p><u>Scoring Clinic North Side:</u>                      Int to Adv Level: 14 – 17 years old                      7:00pm to 8:00pm                      Loc: Central Lions Rec Centre</p>	9
10	11	12	13	<p><u>Shots Club North Side:</u> 14</p> <p>Int to Adv Level: 11 – 13 years old                      6:00pm to 7:00pm                      Loc: Central Lions Rec Centre</p>	<p><u>Practice Day North Side:</u> 15</p> <p>2 – 3pm: 4 – 9 years old coed                      3 – 4pm: Girls 10 - 17 years old                      4 – 5pm Boys 10 – 17 years old</p> <p>Loc: Ecole Pere-Lacombe</p> <p><u>Shots Club North Side:</u>                      Int to Adv Level: 14 – 17 years old                      7:00pm to 8:00pm                      Loc: Central Lions Rec Centre</p>	16
17	18	19	20	<p><u>Scoring Clinic North Side:</u> 21</p> <p>Int to Adv Level: 11 – 13 years old                      6:00pm to 7:00pm                      Loc: Central Lions Rec Centre</p>	<p><u>Scoring Clinic North Side:</u> 22</p> <p>Int to Adv Level: 14 – 17 years old                      7:00pm to 8:00pm                      Loc: Central Lions Rec Centre</p>	23
24	25	26	27	28	29	30