

Conditioning Dates 2023-2024

Conditioning Group	Dates	Time	Dressing Room
U7 - 1	Sep 11, 13	6:00 PM - 7:00 PM	3
U7 - 2	Sep 12, 14	6:00 PM - 7:00 PM	3
U9 - 1	Sep 6, 8, 12, 14	6:15 PM - 7: 15 PM	2
U9 - 2	Sep 5, 7, 11, 13	5:30 PM - 6:30 PM	2
U11 - 1	Sep 6, 8, 12, 14	7:15 PM - 8:15 PM	5
U11 - 2	Sep 5, 7, 11, 13	6:45 PM - 7:45 PM	4
U13 - 1	Sep 6, 8, 12, 14	7:30 PM - 8:30 PM	4
U13 - 2	Sep 5, 7, 11, 13	7:15 PM - 8:15 PM	5
U15/U18	Sep 5, 7, 11, 13	8:00 PM - 9:00 PM	6

Performance Arena Conditioning Schedule Week 1			
Tues Sep 5	Wed Sep 6	Thu Sep 7	Fri Sep 8
7:15 PM - 8:15 PM	7:15 PM - 8:15 PM	7:15 PM - 8:15 PM	7:15 PM - 8:15 PM
U13-2 Room 5	U11-1 Room 5	U13-2 Room 5	U11-1 Room 5
	8:30 PM - 9:30 PM		8:30 PM - 9:30 PM
	U15/18 Room 9		U15/18 Room 9

Swamp Cats Arena Conditioning Schedule Week 1			
Tue Sep 5	Wed Sep 6	Thu Sep 7	Fri Sep 8
5:30 PM - 6:30 PM	6:15 PM - 7:15 PM	5:30 PM - 6:30 PM	6:15 PM - 7:15 PM
U9-2 Room 2	U9-1 Room 2	U9-2 Room 2	U9-1 Room 2
6:45 PM - 7:45 PM	7:30 PM - 8:30 PM	6:45 PM - 7:45 PM	7:30 PM - 8:30 PM
U11-2 Room 4	U13-1 Room 4	U11-2 Room 4	U13-1 Room 4
8:00 PM - 9:00 PM		8:00 PM - 9:00 PM	
U15/18 Room 6		U15/18 Room 6	

Performance Arena Conditioning Schedule Week 2			
Mon Sep 11	Tue Sep 12	Wed Sep 13	Thu Sep 14
6:00 PM - 7:00 PM	6:00 PM - 7:00 PM	6:00 PM - 7:00 PM	6:00 PM - 7:00 PM
U7-1 Room 3	U7-2 Room 3	U7-1 Room 3	U7-2 Room 3
7:15 PM - 8:15 PM	7:15 PM - 8:15 PM	7:15 PM - 8:15 PM	7:15 PM - 8:15 PM
U13-2 Room 5	U11-1 Room 5	U13-2 Room 5	U11-1 Room 5
	8:30 PM - 9:30 PM		8:30 PM - 9:30 PM
	U15/18 Room 9		U15/18 Room 9

Swamp Cats Arena Conditioning Schedule Week 2			
Mon Sep 11	Tue Sep 12	Wed Sep 13	Thu Sep 14
5:30 PM - 6:30 PM	6:15 PM - 7:15 PM	5:30 PM - 6:30 PM	6:15 PM - 7:15 PM
U9-2 Room 2	U9-1 Room 2	U9-2 Room 2	U9-1 Room 2
6:45 PM - 7:45 PM	7:30 PM - 8:30 PM	6:45 PM - 7:45 PM	7:30 PM - 8:30 PM
U11-2 Room 4	U13-1 Room 4	U11-2 Room 4	U13-1 Room 4
8:00 PM - 9:00 PM		8:00 PM - 9:00 PM	
U15/18 Room 6		U15/18 Room 6	