

TRAINING SCHEDULE

Season runs from May 13th - July 13th (playoffs are the following 2 weeks).
Regular season - 10 games plus 1 or 2 friendlies.

TYPICAL WEEKLY SCHEDULE -

1x team meeting - game analysis
1x recovery/treatment session at Legacy Medical Center
3x training sessions (1.5 - 2 hours)
1 or 2 games

