

Training Schedule		2023-2024 schedule By Zak Mahmoudi - Head Coach (Note: the calendar is meant to be a general template and may not exactly reflect coach prescribed activities)							
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Mon/Sep/04/2023	Fall 1	OFF- Public Holiday	OFF	4h30-6h30 Fall Paddling	OFF	4h30-6h30 Fall Paddling	Club Year End Fun Race +BBQ		
Mon/Sep/11/2023		4h30-6h30 Fall Paddling	OFF	4h30-6h30 Fall Paddling	OFF	4h30-6h30 Fall Paddling	OFF		
Mon/Sep/18/2023		4h30-6h30 Fall Paddling	OFF	4h30-6h30 Fall Paddling	OFF	4h30-6h30 Fall Paddling	OFF		
Mon/Sep/25/2023		4h30-6h30 Fall Paddling	OFF	4h30-6h30 Fall Paddling	OFF	4h30-6h30 Fall Paddling	OFF- Public Holiday	Alberta Team Trials - Calgary	
Mon/Oct/02/2023		4h30-6h30 Fall Paddling	7-8h30 PM Kayak @Kinsman	4h30-6h30 Fall Paddling	OFF	4h30-6h30 Fall Paddling	OFF		
Mon/Oct/09/2023	Fall 2	OFF- Public Holiday	7-8h30 PM Kayak @Kinsman	4h30-6h30 Fall Paddling	OFF	4h30-6h30 Fall Paddling	OFF		
Mon/Oct/16/2023		4h30-6h30 Fall Paddling	7-8h30 PM Kayak @Kinsman	4h30-6h30 Fall Paddling	OFF	4h30-6h30 Fall Paddling	OFF		
Mon/Oct/23/2023		4h30-6h30 Fall Paddling	7-8h30 PM Kayak @Kinsman	4h30-6h30 Fall Paddling	OFF	4h30-6h30 Fall Paddling	Removing Docks from Cardiff		
Mon/Oct/30/2023		4h30-6h30 Fall Paddling	OFF	4h30-6h30 Fall Paddling	OFF	4h30-6h30 Fall Paddling	Ergometer Installation@ T.Club		
Mon/Nov/06/2023	Winter 1		7-8h30 PM Kayak @Kinsman	Practice (Depend on weather) Transition period as we move to Indoor Training					
Mon/Nov/13/2023			7-8h30 PM Kayak @Kinsman	Practice (Depend on weather) Transition period as we move to Indoor Training					
Mon/Nov/20/2023			7-8h30 PM Kayak @Kinsman				Ergometer Installation@ T.Club		
Mon/Nov/27/2023			7-8h30 PM Kayak @Kinsman				TBD		
Mon/Dec/04/2023			7-8h30 PM Kayak @Kinsman		5-6h00 Paddle @Tennis club	8-9pm Pool Paddle@ Foun.Park	TBD		
Mon/Dec/11/2023			5-6h00 Paddle @Tennis club	7-8h30 PM Kayak @Kinsman	5-6h00 Paddle @Tennis club		TBD		
Mon/Dec/18/2023			OFF	OFF	5-6h00 Paddle @Tennis club		10:00 Winter Testing 1		
Mon/Dec/25/2023			SANTA is HERE	Club Holiday	Club Holiday	Club Holiday	Club Holiday	Club Holiday	New Year's Eve
Mon/Jan/01/2024			New Year's Day	Club Holiday	Club Holiday	Club Holiday	Club Holiday	Club Holiday	
Mon/Jan/08/2024		Winter 2	5-6h00 Paddle @Tennis club		5-6h00 Paddle @Tennis club	8-9pm Pool Paddle@ Foun.Park	TBD		
Mon/Jan/15/2024	5-6h00 Paddle @Tennis club			5-6h00 Paddle @Tennis club	8-9pm Pool Paddle@ Foun.Park	TBD			
Mon/Jan/22/2024	5-6h00 Paddle @Tennis club		7-8h30 PM Kayak @Kinsman	5-6h00 Paddle @Tennis club	8-9pm Pool Paddle@ Foun.Park	TBD			
Mon/Jan/29/2024	5-6h00 Paddle @Tennis club		7-8h30 PM Kayak @Kinsman	5-6h00 Paddle @Tennis club	8-9pm Pool Paddle@ Foun.Park	TBD			
Mon/Feb/05/2024	5-6h00 Paddle @Tennis club		7-8h30 PM Kayak @Kinsman	5-6h00 Paddle @Tennis club	8-9pm Pool Paddle@ Foun.Park	10:00 Winter Testing 2			
Mon/Feb/12/2024	5-6h00 Paddle @Tennis club		7-8h30 PM Kayak @Kinsman	5-6h00 Paddle @Tennis club	8-9pm Pool Paddle@ Foun.Park	Kayak Polo Cup of the North	Kayak Polo Cup of the North	Kayak Polo Cup of the North	
Mon/Feb/19/2024	OFF- Public Holiday		7-8h30 PM Kayak @Kinsman	5-6h00 Paddle @Tennis club	8-9pm Pool Paddle@ Foun.Park	TBD			
Mon/Feb/26/2024	5-6h00 Paddle @Tennis club		7-8h30 PM Kayak @Kinsman	5-6h00 Paddle @Tennis club	8-9pm Pool Paddle@ Foun.Park	TBD			
Mon/Mar/04/2024	Spring 1	5-6h00 Paddle @Tennis club	7-8h30 PM Kayak @Kinsman	5-6h00 Paddle @Tennis club	8-9pm Pool Paddle@ Foun.Park		Travel to Portugal	Travel to Portugal	
Mon/Mar/11/2024		Spring Camp	Spring Camp	Spring Camp	Spring Camp	Spring Camp	Spring Camp	Spring Camp	
Mon/Mar/18/2024		Spring Camp	Spring Camp	Spring Camp	Spring Camp	Spring Camp	Spring Camp	Spring Camp	
Mon/Mar/25/2024		Spring Camp	Spring Camp	Spring Camp	Spring Camp	Travel back to Edmonton	Travel back to Edmonton	Winter Membership ends	
Mon/Apr/01/2024		Public Holiday	transition to paddling	transition to paddling	transition to paddling	transition to paddling	transition to paddling		
Mon/Apr/08/2024		transition to paddling	transition to paddling	transition to paddling	transition to paddling	transition to paddling	transition to paddling	Spring / Summer Memb starts	
Mon/Apr/15/2024		Paddle on Sturgeon River	Paddle on Sturgeon River	Paddle on Sturgeon River	Paddle on Sturgeon River	Paddle on Sturgeon River			
Mon/Apr/22/2024		Paddle on Sturgeon River	Paddle on Sturgeon River	Paddle on Sturgeon River	Paddle on Sturgeon River	Paddle on Sturgeon River	Club & Boat Clean-up @ Cardiff		
Mon/Apr/29/2024	Spring 2	Paddle on Sturgeon River	Paddle on Sturgeon River	Paddle on Sturgeon River	Paddle on Sturgeon River	Paddle on Sturgeon River	Dock instalation @ Cardiff		
Mon/May/06/2024		4h30-6h30 Back to Paddling	4h30-6h30 Paddle	4h30-6h30 Paddle	4h30-6h30 Paddle	4h30-6h30 Paddle	4h30-6h30 Paddle	10-12 : Paddle	OFF
Mon/May/13/2024		4h30-6h30 Paddle	4h30-6h30 Paddle	4h30-6h30 Paddle	4h30-6h30 Paddle	4h30-6h30 Paddle	4h30-6h30 Paddle	10-12 : Paddle	OFF
Mon/May/20/2024		OFF- Public Holiday	4h30-6h30 Paddle	4h30-6h30 Paddle	4h30-6h30 Paddle	4h30-6h30 Paddle	4h30-6h30 Paddle	Season Opener in Leduc	Alberta Team Trials 1 - Leduc
Mon/May/27/2024		4h30-6h30 Paddle	4h30-6h30 Paddle	4h30-6h30 Paddle	4h30-6h30 Paddle	4h30-6h30 Paddle	4h30-6h30 Paddle	10-12 : Paddle	OFF
Mon/June/03/2024	Summer 1	6:00 AM & 4:30 PM Paddle	6:00 AM & 4:30 PM Paddle	4h30-6h30 Paddle	6:00 AM & 4:30 PM Paddle	6:00 AM & 4:30 PM Paddle	10-12 : Paddle	OFF	
Mon/June/10/2024		6:00 AM & 4:30 PM Paddle	6:00 AM & 4:30 PM Paddle	4h30-6h30 Paddle	6:00 AM & 4:30 PM Paddle	6:00 AM & 4:30 PM Paddle	10-12 : Paddle	OFF	
Mon/June/17/2024		6:00 AM & 4:30 PM Paddle	6:00 AM & 4:30 PM Paddle	4h30-6h30 Paddle	6:00 AM & 4:30 PM Paddle	NTT2 in Montreal	NTT2 in Montreal	NTT2 in Montreal	
Mon/June/24/2024		6:00 AM & 4:30 PM Paddle	6:00 AM & 4:30 PM Paddle	4h30-6h30 Paddle	6:00 AM & 4:30 PM Paddle	6:00 AM & 4:30 PM Paddle	Canada Day Club Promo Event	OFF	
Mon/July/01/2024	Summer 2	OFF- Public Holiday	9h00-4h00 Day Program	9h00-4h00 Day Program	9h00-4h00 Boat Packing	Travel Day to Regina	Canada Cup West Regina	Canada Cup West Regina	
Mon/July/08/2024		9h00-4h00 Day Program	9h00-4h00 Day Program	9h00-4h00 Day Program	9h00-4h00 Day Program	9h00-4h00 Day Program EDC1	Edmonton Cup 1 - Cardiff	OFF	
Mon/July/15/2024		9h00-4h00 Day Program	9h00-4h00 Day Program	9h00-4h00 Day Program	9h00-4h00 Day Program	9h00-4h00 Day Program	OFF	OFF	
Mon/July/22/2024		9h00-4h00 Day Program	9h00-4h00 Day Program	9h00-4h00 Day Program	9h00-4h00 Day Program	9h00-4h00 Day Program EDC2	Edmonton Cup 2 - Cardiff	OFF	
Mon/July/29/2024		9h00-4h00 Day Program	9h00-4h00 Day Program	9h00-4h00 Day Program	9h00-4h00 Boat Packing	Travel Day to Regina	Divisonals in Regina	Divisonals in Regina	
Mon/Aug/05/2024	Summer 3	9h00-4h00 Day Program	9h00-4h00 Day Program	9h00-4h00 Day Program	9h00-4h00 Day Program	9h00-4h00 Day Program EDC3	Edmonton Cup 3 - Cardiff	OFF	
Mon/Aug/12/2024		9h00-4h00 Day Program	9h00-4h00 Day Program AIG	9h00-4h00 Day Program	9h00-4h00 Day Program	9h00-4h00 Day Program	OFF	OFF	
Mon/Aug/19/2024		9h00-1h00 Day Program	10am: Indigenous Games	9h00-1h00 Day Program	9h00-1h00 Day Program	9h00-1h00 Day Program	OFF	OFF	
Mon/Aug/26/2024		- Club Program is Closed - Canadian National Championship in Welland- ON- Aug 20-24							
Mon/Sep/02/2024		OFF- Public Holiday	OFF	OFF	OFF	OFF	OFF	OFF	
Mon/Sep/09/2024		4h30-6h30 Fall training begins	OFF	4h30-6h30 Fall training begins	OFF	4h30-6h30 Fall training begins	OFF	OFF	