

Training Schedule		2024-2025 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/30/2024	Fall 2	4h30-6h30 Fall Paddling	7-8h30 PM Polo @Kinsman	4h30-6h30 Fall Paddling	OFF	4h30-6h30 Fall Paddling	OFF	
Mon/Oct/07/2024		4h30-6h30 Fall Paddling	7-8h30 PM Polo @Kinsman	4h30-6h30 Fall Paddling	OFF	4h30-6h30 Fall Paddling		
Mon/Oct/14/2024		4h30-6h30 Fall Paddling	7-8h30 PM Polo @Kinsman	4h30-6h30 Fall Paddling	OFF	4h30-6h30 Fall Paddling	Removing Docks @ Cardiff	
Mon/Oct/21/2024	Winter 1		7-8h30 PM Polo @Kinsman	Transition period as we move to Indoor Training				
Mon/Oct/28/2024			7-8h30 PM Polo @Kinsman	Transition period as we move to Indoor Training				
Mon/Nov/04/2024			7-8h30 PM Polo @Kinsman	Transition period as we move to Indoor Training				
Mon/Nov/11/2024		OFF- Public Holiday	7-8h30 PM Polo @Kinsman		8-9pm Pool Paddle@ Foun.Park	Canoe Kayak Ergometer Setup @ Tennis.Club		Winter Membership starts
Mon/Nov/18/2024			7-8h30 PM Polo @Kinsman	5-6h00 Paddle @Tennis club	8-9pm Pool Paddle@ Foun.Park	Canoe Kayak Ergometer Setup @ Tennis.Club		
Mon/Nov/25/2024		5-6h00 Paddle @Tennis club	7-8h30 PM Polo @Kinsman	5-6h00 Paddle @Tennis club	8-9pm Pool Paddle@ Foun.Park			
Mon/Dec/02/2024		5-6h00 Paddle @Tennis club	7-8h30 PM Polo @Kinsman	5-6h00 Paddle @Tennis club	8-9pm Pool Paddle@ Foun.Park			
Mon/Dec/09/2024		5-6h00 Paddle @Tennis club	7-8h30 PM Polo @Kinsman	5-6h00 Paddle @Tennis club	8-9pm Pool Paddle@ Foun.Park			
Mon/Dec/16/2024		5-6h00 Paddle @Tennis club	OFF	5-6h00 Paddle @Tennis club	8-9pm Pool Paddle@ Foun.Park			
Mon/Dec/23/2024	Winter 2	SANTA is HERE	Club Holiday Break	Club Holiday Break	Club Holiday Break	Club Holiday Break	Club Holiday Break	Club Holiday Break
Mon/Dec/30/2024		Club Holiday Break	New Year's Eve	New Year's Day	Club Holiday Break	Club Holiday Break	Club Holiday Break	Club Holiday Break
Mon/Jan/06/2025		OFF	7-8h30 PM Polo @Kinsman	5-6h00 Paddle @Tennis club	8-9pm Pool Paddle@ Foun.Park			
Mon/Jan/13/2025		5-6h00 Paddle @Tennis club	7-8h30 PM Polo @Kinsman	5-6h00 Paddle @Tennis club	8-9pm Pool Paddle@ Foun.Park			
Mon/Jan/20/2025		5-6h00 Paddle @Tennis club	7-8h30 PM Polo @Kinsman	5-6h00 Paddle @Tennis club	8-9pm Pool Paddle@ Foun.Park			
Mon/Jan/27/2025		OFF	7-8h30 PM Polo @Kinsman	OFF	8-9pm Pool Paddle@ Foun.Park		ASRCA Ski Camp in Canmore - Calgary	
Mon/Feb/03/2025		5-6h00 Paddle @Tennis club	7-8h30 PM Polo @Kinsman	5-6h00 Paddle @Tennis club	8-9pm Pool Paddle@ Foun.Park			
Mon/Feb/10/2025		5-6h00 Paddle @Tennis club	7-8h30 PM Polo @Kinsman	5-6h00 Paddle @Tennis club	8-9pm Pool Paddle@ Foun.Park			
Mon/Feb/17/2025		OFF- Public Holiday	7-8h30 PM Polo @Kinsman	5-6h00 Paddle @Tennis club	8-9pm Pool Paddle@ Foun.Park		ASRCA Fitness Testing - Calgary (Selected Athletes)	
Mon/Feb/24/2025		5-6h00 Paddle @Tennis club	7-8h30 PM Polo @Kinsman	5-6h00 Paddle @Tennis club	8-9pm Pool Paddle@ Foun.Park		GERCKC Casino volunteering	
Mon/Mar/03/2025	Spring 1	GERCKC Casino volunteering	Travel to Portugal	Spring Camp	Spring Camp	Spring Camp	Spring Camp	Spring Camp
Mon/Mar/10/2025		Spring Camp	Spring Camp	Spring Camp	Spring Camp	Spring Camp	Spring Camp	Spring Camp
Mon/Mar/17/2025		Spring Camp	Spring Camp	Spring Camp	Spring Camp	Spring Camp	Spring Camp	Spring Camp
Mon/Mar/24/2025		Spring Camp	Spring Camp	Spring Camp	Travel back to Edmonton	OFF	OFF	OFF
Mon/Mar/31/2025		OFF	OFF	OFF	OFF	OFF	OFF	OFF
Mon/Apr/07/2025		Back to Paddling Weather??	Paddling on Sturgeon River	5-6h00: RUN / BIKE St.A Trail	Paddling on Sturgeon River	5-6h00: RUN / BIKE St.A Trail	Paddling on Sturgeon River	OFF
Mon/Apr/14/2025	Spring 2	Paddling on Sturgeon River	Paddling on Sturgeon River	5-6h00: RUN / BIKE St.A Trail	Paddling on Sturgeon River	OFF- Public Holiday	Dock instalation @ Cardiff TBD	Spring / Summer Memb Starts
Mon/Apr/21/2025		Paddling on Sturgeon River	Paddling on Sturgeon River	5-6h00: RUN / BIKE St.A Trail	Paddling on Sturgeon River	Club Promotion event "St.Albert LifeExpo" Apr 25-27: we need parent volenters		
Mon/Apr/28/2025		5-7pm Back to Cardiff paddling	5-6h00: RUN / BIKE St.A Trail	5-7pm Paddling	5-7pm Paddling @ Cardiff	5-7pm Paddling	10-12 : Paddling @ Cardiff	OFF
Mon/May/05/2025		6-7 AM & 5-7 PM Paddling	5-6h00: RUN / BIKE St.A Trail	6-7 AM & 5-7 PM Paddling	5-7pm Paddling @ Cardiff	6-7 AM & 5-7 PM Paddling	10-12 : Paddling @ Cardiff	OFF
Mon/May/12/2025		6-7 AM & 5-7 PM Paddling	5-6h00: RUN / BIKE St.A Trail	6-7 AM & 5-7 PM Paddling	5-7pm Paddling @ Cardiff	6-7 AM & 5-7 PM Paddling	10-12 : Paddling @ Cardiff	OFF
Mon/May/19/2025		OFF- Public Holiday	5-6h00: RUN / BIKE St.A Trail	6-7 AM & 5-7 PM Paddling	5-7pm Paddling @ Cardiff	5-7pm Paddling	10-12 : Paddling @ Cardiff	OFF
Mon/May/26/2025		6-7 AM & 5-7 PM Paddling	5-6h00: RUN / BIKE St.A Trail	6-7 AM & 5-7 PM Paddling	5-7pm Paddling @ Cardiff	OFF	Alberta Team Trials 1 - Calgary	OFF
Mon/Jun/02/2025	Summer 1	6-7 AM & 5-7 PM Paddling	5-6h00: RUN / BIKE St.A Trail	6-7 AM & 5-7 PM Paddling	5-7pm Paddling @ Cardiff	6-7 AM & 5-7 PM Paddling	10-12 : Paddling @ Cardiff	OFF
Mon/Jun/09/2025		6-7 AM & 5-7 PM Paddling	5-6h00: RUN / BIKE St.A Trail	6-7 AM & 5-7 PM Paddling	5-7pm Paddling @ Cardiff	6-7 AM & 5-7 PM Paddling	10-12 : Paddling @ Cardiff	OFF
Mon/Jun/16/2025		6-7 AM & 5-7 PM Paddling	5-6h00: RUN / BIKE St.A Trail	6-7 AM & 5-7 PM Paddling	5-7pm Paddling @ Cardiff	6-7 AM & 5-7 PM Paddling	10-12 : Paddling @ Cardiff	OFF
Mon/Jun/23/2025		6-7 AM & 5-7 PM Paddling	OFF	6-7 AM & 5-7 PM Paddling	5-7pm Paddling @ Cardiff	NTT2 in Montreal	NTT2 in Montreal	NTT2 in Montreal
Mon/Jun/30/2025		OFF	CAN Day Promo Event@servus	6-7 AM & 5-7 PM Paddling	5-7pm Paddling @ Cardiff	6-7 AM & 5-7 PM Paddling	10-12 : Paddling @ Cardiff	OFF
Mon/Jul/07/2025	Summer 2	9h00-4h00 Summer Camp	9h00-4h00 Summer Camp	9h00-4h00 Summer Camp	9h00-4h00 Summer Camp	9h00-4h00 Summer Camp	Fun- Novice Race in Calgary	OFF
Mon/Jul/14/2025		9h00-4h00 Summer Camp	9h00-4h00 Summer Camp	9h00-4h00 Summer Camp	9h00-4h00 Summer Camp	9h00-4h00 Summer Camp	OFF	OFF
Mon/Jul/21/2025		9h00-4h00 Summer Camp	9h00-4h00 Summer Camp	9h00-4h00 Summer Camp	9h00-1h00 Boat Packing	Travel day - No training	Divsionals in Regina	Divsionals in Regina
Mon/Jul/28/2025		9h00-4h00 Summer Camp	9h00-4h00 Summer Camp	9h00-4h00 Summer Camp	9h00-4h00 Summer Camp	9h00-4h00 Summer Camp	OFF	OFF
Mon/Aug/04/2025		OFF- Public Holiday	9h00-4h00 Summer Camp	9h00-4h00 Summer Camp	9h00-4h00 Summer Camp	9h00-4h00 Summer Camp	CANADA SUMMER GAMES in Newfoundland August 8-17	
Mon/Aug/11/2025	Summer 3	9h00-1h00 Competitive Group	10am: Indigenous Games	9h00-1h00 Competitive Group	9h00-1h00 Competitive Group	9h00-1h00 Competitive Group	Edmonton Youth Cup @ Cardiff	OFF
Mon/Aug/18/2025		9h00-1h00 Competitive Group	9h00-1h00 Competitive Group	9h00-1h00 Competitive Group	9h00-1h00 Competitive Group	9h00-1h00 Competitive Group	OFF	OFF
Mon/Aug/25/2025		- Club Program is Closed - CKC Canadian National Championship in Regina- SK- Aug 26-30						
Mon/Sep/01/2025		Club Program is Closed						
Mon/Sep/08/2025		OFF	OFF	OFF	OFF	OFF	OFF	OFF
Mon/Sep/15/2025	Fall 1	5-6h30 Fall training	OFF	5-6h30 Fall training	OFF	5-6h30 Fall training	OFF	OFF
Mon/Sep/22/2025		5-6h30 Fall training	OFF	5-6h30 Fall training	OFF	5-6h30 Fall training	OFF	OFF
Mon/Sep/29/2025		5-6h30 Fall training	OFF- Public Holiday	5-6h30 Fall training	OFF	5-6h30 Fall training	OFF	OFF