



U15-U18 Fall PREP/DA Training Groups Training Schedule

(September 14 – November 15, 2026)

HS Boys Fall PREP Program	TUESDAY	SATURDAY	SUNDAY
Boys Group #1	6:00-7:30 PM @ LTSS	12:00-4:30 PM @ BCP	10:30-12:00 PM @ BCP
Boys Group #2	7:30-9:00 PM @ LTSS	12:00-4:30 PM @ BCP	10:30-12:00 PM @ BCP

(September 15 – February 28, 2026)

HS Boys Fall DA Program	THURSDAYS	FRIDAYS
Boys Group	8:00-9:30 PM @ BCP	8:10-9:30 PM @ GBR

*Schedule Subject to Change

*LTSS @ Lord Tweedsmuir Secondary (6151-180st)

*BCP @ BC Prep (15358-67 Ave)

*Saturday sessions will be Small Groups (3 Groups: 12:00pm, 1:30pm, & 3:00pm)

*No training session on Thanksgiving Weekend (October 11-12)

*No training session on competition weekends

