



U15-U18 Fall High School Girls PREP & DA Training Programs Training Schedule

(September 11 – November 15, 2026)

HS Girls Fall PREP Program	FRIDAY	SATURDAY	SUNDAY
Girls JV Group (Grade 9-10s)	7:45-9:45 PM @ BCP	4:00-6:00 PM @ BCP	9:00-10:30 AM @ BCP
Girls Varsity Group (Grade 11-12s)	7:45-9:45 PM @ BCP	4:00-6:00 PM @ BCP	9:00-10:30 AM @ BCP

(September 16 – November 19 option to continue to February 28, 2027)

HS Girls Fall DA Program	MONDAYS	THURSDAYS
Girls JV Group (Grade 9-12s)	8:10-9:30 PM @ GBR	8:10-9:30 PM @ GBR

*Schedule Subject to Change

*BCP at BC Prep (15358-67 Ave)

*GBR at Gabrielle Roy School (6887-132st)

*No training session on Thanksgiving Weekend (October 10-12)

*No training session on competition weekends