

# January



# 2026

| SUNDAY | MONDAY   | TUESDAY                          | WEDNESDAY                        | THURSDAY                         | FRIDAY | SATURDAY |
|--------|--|----------------------------------|----------------------------------|----------------------------------|--------|----------|
| 28     | 29   | 30                               | 31<br>Weight Room<br>400pm-500pm | 1<br>Weight Room<br>400pm-500pm  | 2      | 3        |
| 4      | 5  | 6                                | 7                                | 8                                | 9      | 10       |
| 11     | 12<br>Players Meeting<br>PE Classroom<br>400Pm | 13<br>Weight Room<br>400pm-500pm | 14<br>Weight Room<br>400pm-500pm | 15<br>Weight Room<br>400pm-500pm | 16     | 17       |
| 18     | 19   | 20<br>Weight Room<br>400pm-500pm | 21<br>Weight Room<br>400pm-500pm | 22<br>Weight Room<br>400pm-500pm | 23     | 24       |
| 25     | 26   | 27                               | 28<br>Weight Room<br>400pm-500pm | 29<br>Weight Room<br>400pm-500pm | 30     | 31       |
| 1      | 2  | 3                                | 4                                | 5                                | 6      | 7        |

UPDATED: Feb 16, 2026

# February



# 2026

| SUNDAY | MONDAY | TUESDAY                    | WEDNESDAY | THURSDAY                   | FRIDAY | SATURDAY                   |
|--------|--------|----------------------------|-----------|----------------------------|--------|----------------------------|
| 1      | 2      | Weight Room<br>400pm-500pm | 3         | Weight Room<br>400pm-500pm | 4      | Weight Room<br>400pm-500pm |
| 8      | 9      | 10                         | 11        | 12                         | 13     | 14                         |
| 15     | 16     | 17                         | 18        | 19                         | 20     | 21                         |
| 22     | 23     | 24                         | 25        | 26                         | 27     | 28                         |
|        |        | Weight Room<br>400pm-500pm |           |                            |        |                            |
|        |        |                            |           |                            |        |                            |

UPDATED: Feb 16, 2026

# March



# 2026

| SUNDAY | MONDAY             | TUESDAY                                  | WEDNESDAY                                | THURSDAY                                 | FRIDAY             | SATURDAY |
|--------|--------------------|--|--|--|--------------------|----------|
| 1      | 2                  | 3<br>Weight Room<br>400pm-500pm          | 4<br>Weight Room<br>400pm-500pm          | 5<br>Weight Room<br>400pm-500pm          | 6                  | 7        |
| 8      | 9                  | 10<br>Weight Room<br>400pm-500pm         | 11<br>Weight Room<br>400pm-500pm         | 12<br>Weight Room<br>400pm-500pm         | 13                 | 14       |
| 15     | 16<br>SPRING BREAK | 17<br>SPRING BREAK<br>Weight Room<br>TBD | 18<br>SPRING BREAK<br>Weight Room<br>TBD | 19<br>SPRING BREAK<br>Weight Room<br>TBD | 20<br>SPRING BREAK | 21       |
| 22     | 23<br>SPRING BREAK | 24<br>SPRING BREAK<br>Weight Room<br>TBD | 25<br>SPRING BREAK<br>Weight Room<br>TBD | 26<br>SPRING BREAK<br>Weight Room<br>TBD | 27<br>SPRING BREAK | 28       |
| 29     | 30                 | 31<br>Weight Room<br>400pm-500pm         | 1  | 2  | 3                  | 4        |
|        |                    |  |  |  |                    |          |

UPDATED: Feb 16, 2026

# April



# 2026

| SUNDAY                          | MONDAY | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY                        | SATURDAY |
|---------------------------------|--------|---|---|---|-------------------------------|----------|
| 29                              | 30     | 31  | 1<br>Weight Room<br>400pm-500pm                   | 2<br>Weight Room<br>400pm-500pm                   | 3<br>GOOD FRIDAY<br>NO SCHOOL | 4        |
| 5<br>EASTER MONDAY<br>NO SCHOOL | 6      | 7<br>**LIFTATHON**<br>Weight Room<br>400pm-500pm  | 8<br>**LIFTATHON**<br>Weight Room<br>400pm-500pm  | 9<br>**LIFTATHON**<br>Weight Room<br>400pm-500pm  | 10                            | 11       |
| 12                              | 13     | 14<br>**LIFTATHON**<br>Weight Room<br>400pm-500pm | 15<br>**LIFTATHON**<br>Weight Room<br>400pm-500pm | 16<br>**LIFTATHON**<br>Weight Room<br>400pm-500pm | 17                            | 18       |
| 19                              | 20     | 21<br>**LIFTATHON**<br>Weight Room<br>400pm-500pm | 22<br>**LIFTATHON**<br>Weight Room<br>400pm-500pm | 23<br>**LIFTATHON**<br>Weight Room<br>400pm-500pm | 24                            | 25       |
| 26<br>PRO D DAY<br>NO SCHOOL    | 27     | 28<br>**LIFTATHON**<br>Weight Room<br>400pm-500pm | 29<br>**LIFTATHON**<br>Weight Room<br>400pm-500pm | 30<br>**LIFTATHON**<br>Weight Room<br>400pm-500pm | 1                             | 2        |
|                                 |        |   |   |   |                               |          |

UPDATED: Feb 16, 2026

# May



# 2026

| SUNDAY | MONDAY  | TUESDAY                                     | WEDNESDAY                                     | THURSDAY  | FRIDAY                       | SATURDAY |
|--------|---|---|---|---|------------------------------|----------|
| 26     | 27  | 28  | 29<br>Weight Room<br>400pm-500pm              | 30<br>Weight Room<br>400pm-500pm                          | 1                            | 2        |
| 3      | 4   | 5<br>Weight Room<br>400pm-500pm             | 6<br>Weight Room<br>400pm-500pm               | 7<br><b>*LIFTATHON DUE*</b><br>Weight Room<br>400pm-500pm | 8                            | 9        |
| 10     | 11  | 12<br>Weight Room<br>400pm-500pm            | 13<br>Weight Room<br>400pm-500pm              | 14<br>Weight Room<br>400pm-500pm                          | 15<br>PRO D DAY<br>NO SCHOOL | 16       |
| 17     | 18<br>VICTORIA DAY<br>NO SCHOOL               | 19<br>SPRING CAMP<br>400pm-600pm<br>No Pads | 20<br>SPRING CAMP<br>400pm-600pm<br>Padded #1 | 21<br>SPRING CAMP<br>400pm-600pm<br>Padded #2             | 22                           | 23       |
| 24     | 25<br>SPRING CAMP<br>400pm-600pm<br>Padded #3 | 26<br>Weight Room<br>400pm-500pm            | 27<br>SPRING CAMP<br>400pm-600pm<br>Padded #5 | 28<br>SPRING CAMP<br>400pm-600pm<br>Padded #6             | 29                           | 30       |
| 31     | 1   | 2   | 3   | 4   | 5                            | 6        |

UPDATED: Feb 16, 2026

# June



# 2026

| SUNDAY | MONDAY                                       | TUESDAY                                      | WEDNESDAY                        | THURSDAY                         | FRIDAY                  | SATURDAY |
|--------|--|--|----------------------------------|----------------------------------|-------------------------|----------|
| 31     | 1<br>SPRING CAMP<br>400pm-600pm<br>Padded #7 | 2<br>SPRING CAMP<br>400pm-600pm<br>Padded #8 | 3<br>Weight Room<br>400pm-500pm  | 4<br>Weight Room<br>400pm-500pm  | 5<br>SPRING GAME<br>TBD | 6        |
| 7      | 8<br>Weight Room<br>400pm-500pm              | 9<br>Weight Room<br>400pm-500pm              | 10<br>Weight Room<br>400pm-500pm | 11<br>Weight Room<br>400pm-500pm | 12                      | 13       |
| 14     | 15<br>Weight Room<br>400pm-500pm             | 16<br>Weight Room<br>400pm-500pm             | 17<br>Weight Room<br>400pm-500pm | 18<br>Weight Room<br>400pm-500pm | 19                      | 20       |
| 21     | 22<br>Weight Room<br>400pm-500pm             | 23<br>Weight Room<br>400pm-500pm             | 24<br>Weight Room<br>400pm-500pm | 25<br>Weight Room<br>400pm-500pm | 26                      | 27       |
| 28     | 29<br>Weight Room<br>400pm-500pm             | 30<br>Weight Room<br>400pm-500pm             | 1<br>Weight Room<br>400pm-500pm  | 2<br>Weight Room<br>400pm-500pm  | 3                       | 4        |
|        |  |  |                                  |                                  |                         |          |

UPDATED: Feb 16, 2026

# July



# 2026

| SUNDAY                        | MONDAY                        | TUESDAY                       | WEDNESDAY                       | THURSDAY                        | FRIDAY                        | SATURDAY |
|-------------------------------|-------------------------------|-------------------------------|---------------------------------|---------------------------------|-------------------------------|----------|
| 28                            | 29                            | 30                            | 1<br>Weight Room<br>400pm-500pm | 2<br>Weight Room<br>400pm-500pm | 3                             | 4        |
| 5<br>Warrior Workouts<br>TBD  | 6<br>Warrior Workouts<br>TBD  | 7<br>Warrior Workouts<br>TBD  | 8<br>Warrior Workouts<br>TBD    | 9<br>Warrior Workouts<br>TBD    | 10<br>Warrior Workouts<br>TBD | 11       |
| 12<br>Warrior Workouts<br>TBD | 13<br>Warrior Workouts<br>TBD | 14<br>Warrior Workouts<br>TBD | 15<br>Warrior Workouts<br>TBD   | 16<br>Warrior Workouts<br>TBD   | 17<br>Warrior Workouts<br>TBD | 18       |
| 19<br>Warrior Workouts<br>TBD | 20<br>Warrior Workouts<br>TBD | 21<br>Warrior Workouts<br>TBD | 22<br>Warrior Workouts<br>TBD   | 23<br>Warrior Workouts<br>TBD   | 24<br>Warrior Workouts<br>TBD | 25       |
| 26<br>Warrior Workouts<br>TBD | 27<br>Warrior Workouts<br>TBD | 28<br>Warrior Workouts<br>TBD | 29<br>Warrior Workouts<br>TBD   | 30<br>Warrior Workouts<br>TBD   | 31<br>Warrior Workouts<br>TBD | 1        |
|                               |                               |                               |                                 |                                 |                               |          |

UPDATED: Feb 16, 2026

# August



# 2026

| SUNDAY | MONDAY                           | TUESDAY                       | WEDNESDAY                        | THURSDAY                         | FRIDAY                       | SATURDAY |
|--------|----------------------------------|-------------------------------|----------------------------------|----------------------------------|------------------------------|----------|
| 26     | 27                               | 28                            | 29<br>Weight Room<br>400pm-500pm | 30<br>Weight Room<br>400pm-500pm | 31                           | 1        |
| 2      | 3<br>BC Day                      | 4<br>Warrior Workouts<br>TBD  | 5<br>Warrior Workouts<br>TBD     | 6<br>Warrior Workouts<br>TBD     | 7<br>Warrior Workouts<br>TBD | 8        |
| 9      | 10<br>DEAD PERIOD                | 11<br>DEAD PERIOD             | 12<br>DEAD PERIOD                | 13<br>DEAD PERIOD                | 14<br>DEAD PERIOD            | 15       |
| 16     | 17<br>DEAD PERIOD                | 18<br>DEAD PERIOD             | 19<br>DEAD PERIOD                | 20<br>DEAD PERIOD                | 21<br>DEAD PERIOD            | 22       |
| 23     | 24<br>FALL CAMP<br>600pm – 930pm | 25<br>Warrior Workouts<br>TBD | 26<br>FALL CAMP<br>700pm – 900pm | 27<br>FALL CAMP<br>600pm – 930pm | 28<br>JOINT PRACTICE<br>TBD  | 29       |
| 30     | 31<br>FALL CAMP<br>600pm – 930pm | 1                             | 2                                | 3                                | 4                            | 5        |

UPDATED: Feb 16, 2026

# September



# 2026

| SUNDAY  | MONDAY                        | TUESDAY                         | WEDNESDAY   | THURSDAY                        | FRIDAY           | SATURDAY |
|---|-------------------------------|---------------------------------|---|---------------------------------|------------------|----------|
| 30  | 31                            | 1<br>FALL CAMP<br>600pm – 930pm | 2<br>Weight Room<br>400pm-500pm                       | 3<br>Weight Room<br>400pm-500pm | 4<br>GAME<br>TBD | 5        |
| 6<br>Labour Day<br>NO SCHOOL<br>Practice<br>400pm-600pm | 7<br>Practice<br>400pm-600pm  | 8<br>Practice<br>400pm-600pm    | 9<br>Practice<br>400pm-600pm                          | 10<br>Practice<br>400pm-600pm   | 11               | 12       |
| 13<br>Practice<br>400pm-600pm                           | 14<br>Practice<br>400pm-600pm | 15<br>Practice<br>400pm-600pm   | 16<br>Practice<br>400pm-600pm                         | 17<br>Practice<br>400pm-600pm   | 18               | 19       |
| 20<br>Practice<br>400pm-600pm                           | 21<br>Practice<br>400pm-600pm | 22<br>Practice<br>400pm-600pm   | 23<br>Practice<br>400pm-600pm                         | 24<br>Practice<br>400pm-600pm   | 25               | 26       |
| 27<br>Practice<br>400pm-600pm                           | 28<br>Practice<br>400pm-600pm | 29<br>Practice<br>400pm-600pm   | 30<br>T&R Day<br>NO SCHOOL<br>Practice<br>400pm-600pm | 1                               | 2                | 3        |
|   |                               |                                 |   |                                 |                  |          |

UPDATED: Feb 16, 2026

# October



# 2026

| SUNDAY  | MONDAY                        | TUESDAY                       | WEDNESDAY                        | THURSDAY                        | FRIDAY | SATURDAY |
|---|-------------------------------|-------------------------------|----------------------------------|---------------------------------|--------|----------|
| 27  | 28                            | 29                            | 30<br>Weight Room<br>400pm-500pm | 1<br>Weight Room<br>400pm-500pm | 2      | 3        |
| 4<br>Practice<br>400pm-600pm                                      | 5<br>Practice<br>400pm-600pm  | 6<br>Practice<br>400pm-600pm  | 7<br>Practice<br>400pm-600pm     | 8<br>Practice<br>400pm-600pm    | 9      | 10       |
| 11<br>12<br>THANKSGIVING<br>NO SCHOOL<br>Practice<br>1100am-100pm | 13<br>Practice<br>400pm-600pm | 14<br>Practice<br>400pm-600pm | 15<br>Practice<br>400pm-600pm    | 16                              | 17     |          |
| 18<br>Practice<br>400pm-600pm                                     | 19<br>Practice<br>400pm-600pm | 20<br>Practice<br>400pm-600pm | 21<br>Practice<br>400pm-600pm    | 22<br>Practice<br>400pm-600pm   | 23     | 24       |
| 25<br>Practice<br>400pm-600pm                                     | 26<br>Practice<br>400pm-600pm | 27<br>Practice<br>400pm-600pm | 28<br>Practice<br>400pm-600pm    | 29<br>Practice<br>400pm-600pm   | 30     | 31       |
|   |                               |                               |                                  |                                 |        |          |

UPDATED: Feb 16, 2026

# November



# 2026

| SUNDAY | MONDAY                  | TUESDAY | WEDNESDAY               | THURSDAY | FRIDAY  | SATURDAY |
|--------|-------------------------|---------|-------------------------|----------|---|----------|
| 1      | Practice<br>400pm-600pm | 2       | Practice<br>400pm-600pm | 3        | Weight Room<br>400pm-500pm                              | 4        |
| 8      | Practice<br>400pm-600pm | 9       | Practice<br>400pm-600pm | 10       | REMEMBRANCE<br>DAY NO SCHOOL<br>Practice<br>400pm-600pm | 11       |
| 15     | Practice<br>400pm-600pm | 16      | Practice<br>400pm-600pm | 17       | Practice<br>400pm-600pm                                 | 18       |
| 22     | Practice<br>400pm-600pm | 23      | Practice<br>400pm-600pm | 24       | Practice<br>400pm-600pm                                 | 25       |
| 29     | Practice<br>400pm-600pm | 30      | Practice<br>400pm-600pm | 1        | Practice<br>400pm-600pm                                 | 2        |
|        |                         |         |                         |          |   | 3        |
|        |                         |         |                         |          |   | 4        |
|        |                         |         |                         |          |   | 5        |

UPDATED: Feb 16, 2026

# December



# 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY                       | THURSDAY                        | FRIDAY                             | SATURDAY |
|--------|--------|---------|---------------------------------|---------------------------------|------------------------------------|----------|
| 29     | 30     | 1       | 2<br>Weight Room<br>400pm-500pm | 3<br>Weight Room<br>400pm-500pm | 4                                  | 5        |
| 6      | 7      | 8       | 9                               | 10                              | 11                                 | 12       |
| 13     | 14     | 15      | 16                              | 17                              | 18                                 | 19       |
| 20     | 21     | 22      | 23                              | 24                              | 25<br>MERRY<br>CHRISTMAS<br>HYACKS | 26       |
| 27     | 28     | 29      | 30                              | 31                              | 1                                  | 2        |
|        |        |         |                                 |                                 |                                    |          |

UPDATED: Feb 16, 2026

|           | <b>First Day of the Month</b> | <b>Last Day of the Month</b> |
|-----------|-------------------------------|------------------------------|
| January   | 26/01/01                      | 26/01/31                     |
| February  |                               |                              |
| March     |                               |                              |
| April     |                               |                              |
| May       |                               |                              |
| June      |                               |                              |
| July      |                               |                              |
| August    |                               |                              |
| September |                               |                              |
| October   |                               |                              |
| November  |                               |                              |
| December  |                               |                              |