

January



2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31 Weight Room 400pm-500pm	1 Weight Room 400pm-500pm	2	3
4	5	6	7	8	9	10
11	12 Players Meeting PE Classroom 400Pm	13 Weight Room 400pm-500pm	14 Weight Room 400pm-500pm	15 Weight Room 400pm-500pm	16	17
18	19	20 Weight Room 400pm-500pm	21 Weight Room 400pm-500pm	22 Weight Room 400pm-500pm	23	24
25	26	27	28 Weight Room 400pm-500pm	29 Weight Room 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	3 Weight Room 400pm-500pm	4 Weight Room 400pm-500pm	5 Weight Room 400pm-500pm	6	7
8	9	10 Weight Room 400pm-500pm	11 Weight Room 400pm-500pm	12 Weight Room 400pm-500pm	13	14
15	16 FAMILY DAY NO SCHOOL	17 Pro D Day	18 Weight Room 400pm-500pm	19 Weight Room 400pm-500pm	20	21
22	23	24 Weight Room 400pm-500pm	25 Weight Room 400pm-500pm	26 Weight Room 400pm-500pm	27	28
		Weight Room 400pm-500pm				

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March



2026

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

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April



2026

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

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May



2026

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

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June



2026

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

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July



2026

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

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August



2026

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

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September



2026

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

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October



2026

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

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November



2026

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

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December



2026

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

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