

Rams Competitive Conditioning Schedule

(Updated 18 Aug 2025)

U10 (2016 birth year)

Location	Day	Date	Start Time	End Time
Johnny Leroux Arena	Tuesday	02-Sep-25	5:00 PM	6:00 PM
Johnny Leroux Arena	Wednesday	03-Sep-25	6:00 PM	7:00 PM
Johnny Leroux Arena	Friday	05-Sep-25	5:00 PM	6:30 PM
CARDELREC Recreation Complex - Pad A	Saturday	06-Sep-25	3:00 PM	4:00 PM
Johnny Leroux Arena	Monday	08-Sep-25	5:00 PM	6:30 PM

U11 (2015 birth year)

Location	Day	Date	Start	End
Johnny Leroux Arena	Tuesday	02-Sep-25	6:00 PM	7:00 PM
Johnny Leroux Arena	Wednesday	03-Sep-25	5:00 PM	6:00 PM
Johnny Leroux Arena	Friday	05-Sep-25	6:30 PM	8:00 PM
CARDELREC Recreation Complex - Pad A	Saturday	06-Sep-25	4:00 PM	5:00 PM
Johnny Leroux Arena	Monday	08-Sep-25	6:30 PM	8:00 PM

U12 (2014 birth year)

Location	Day	Date	Start	End
Johnny Leroux Arena	Tuesday	02-Sep-25	7:00 PM	8:00 PM
Johnny Leroux Arena	Thursday	04-Sep-25	6:00 PM	7:30 PM
CARDELREC Recreation Complex - Pad A	Saturday	06-Sep-25	6:00 PM	7:30 PM
CARDELREC Recreation Complex - Pad A	Sunday	07-Sep-25	7:00 PM	8:00 PM
Johnny Leroux Arena	Tuesday	09-Sep-25	5:00 PM	6:00 PM

U13 (2013 birth year)

Location	Day	Date	Start	End
Johnny Leroux Arena	Tuesday	02-Sep-25	8:00 PM	9:00 PM
Johnny Leroux Arena	Thursday	04-Sep-25	7:30 PM	9:00 PM
CARDELREC Recreation Complex - Pad A	Saturday	06-Sep-25	5:00 PM	6:00 PM
CARDELREC Recreation Complex - Pad B	Sunday	07-Sep-25	4:15 PM	5:45 PM
Johnny Leroux Arena	Tuesday	09-Sep-25	6:00 PM	7:00 PM

Body Contact Clinic (U14 or those older without experience)

Location	Day	Date	Start	End
Johnny Leroux Arena	Tuesday	02-Sep-25	9:00 PM	10:00 PM

U14 (2012 birth year)

Location	Day	Date	Start	End
Johnny Leroux Arena	Wednesday	03-Sep-25	7:00 PM	8:00 PM
Johnny Leroux Arena	Friday	05-Sep-25	8:00 PM	9:00 PM
CARDELREC Recreation Complex - Pad B	Sunday	07-Sep-25	5:45 PM	7:15 PM
Johnny Leroux Arena	Monday	08-Sep-25	8:00 PM	9:00 PM
Johnny Leroux Arena	Tuesday	09-Sep-25	7:00 PM	8:30 PM

U15 (2011 birth year)

Location	Day	Date	Start	End
Johnny Leroux Arena	Wednesday	03-Sep-25	8:00 PM	9:00 PM
Johnny Leroux Arena	Thursday	04-Sep-25	9:00 PM	10:00 PM
CARDELREC Recreation Complex - Pad A	Saturday	06-Sep-25	7:30 PM	9:00 PM
CARDELREC Recreation Complex - Pad B	Sunday	07-Sep-25	7:15 PM	8:45 PM
Johnny Leroux Arena	Monday	08-Sep-25	9:00 PM	10:00 PM

U16 (2010 birth year)

Location	Day	Date	Start	End
Johnny Leroux Arena	Wednesday	03-Sep-25	9:00 PM	10:00 PM
Johnny Leroux Arena	Friday	05-Sep-25	9:00 PM	10:00 PM
CARDELREC Recreation Complex - Pad A	Saturday	06-Sep-25	9:00 PM	10:00 PM
CARDELREC Recreation Complex - Pad B	Sunday	07-Sep-25	8:45 PM	10:15 PM
Johnny Leroux Arena	Tuesday	09-Sep-25	8:30 PM	10:00 PM

U18 Black (2009 birth year)

Location	Day	Date	Start	End
CARDELREC Recreation Complex - Pad A	Sunday	07-Sep-25	8:00 PM	9:00 PM
CARDELREC Recreation Complex - Pad A	Sunday	14-Sep-25	7:00 PM	8:30 PM
Johnny Leroux Arena	Wednesday	17-Sep-25	8:00 PM	9:00 PM
CARDELREC Recreation Complex - Pad A	Sunday	21-Sep-25	8:30 PM	10:00 PM
Johnny Leroux Arena	Wednesday	24-Sep-25	8:00 PM	9:00 PM

U18 White (2008 birth year)

Location	Day	Date	Start	End
CARDELREC Recreation Complex - Pad A	Sunday	07-Sep-25	9:00 PM	10:00 PM
CARDELREC Recreation Complex - Pad A	Sunday	14-Sep-25	8:30 PM	10:00 PM
Johnny Leroux Arena	Wednesday	17-Sep-25	9:00 PM	10:00 PM
CARDELREC Recreation Complex - Pad A	Sunday	21-Sep-25	7:00 PM	8:30 PM
Johnny Leroux Arena	Wednesday	24-Sep-25	9:00 PM	10:00 PM