

**U10 to U18 Rams Competitive Conditioning Schedule (Updated 2 August 2024)**

**U10 (2015 Birth Year)**

Location	Day	Date	Start	Duration	Session
Johnny Leroux Arena	Tuesday	03-Sep-24	5:00 PM	1.0	Conditioning 1
Johnny Leroux Arena	Thursday	05-Sep-24	6:00 PM	1.0	Conditioning 2
Johnny Leroux Arena	Saturday	07-Sep-24	3:00 PM	1.0	Conditioning 3
CRC-B	Sunday	08-Sep-24	4:15 PM	1.0	Conditioning 4
Johnny Leroux Arena	Tuesday	10-Sep-24	5:00 PM	1.0	Conditioning 5
Johnny Leroux Arena	Wednesday	11-Sep-24	6:00 PM	1.0	Conditioning 6

**U11 (2014 Birth Year)**

Location	Day	Date	Start	Duration	Session
Johnny Leroux Arena	Tuesday	03-Sep-24	6:00 PM	1.0	Conditioning 1
Johnny Leroux Arena	Wednesday	04-Sep-24	5:00 PM	1.0	Conditioning 2
Johnny Leroux Arena	Saturday	07-Sep-24	4:00 PM	1.0	Conditioning 3
CRC-B	Sunday	08-Sep-24	5:15 PM	1.0	Conditioning 4
Johnny Leroux Arena	Wednesday	11-Sep-24	5:00 PM	1.0	Conditioning 5
Johnny Leroux Arena	Friday	13-Sep-24	5:00 PM	1.0	Conditioning 6

**U12 (2013 Birth Year)**

Location	Day	Date	Start	Duration	Session
Johnny Leroux Arena	Tuesday	03-Sep-24	7:00 PM	1.0	Conditioning 1
Johnny Leroux Arena	Wednesday	04-Sep-24	6:00 PM	1.0	Conditioning 2
Johnny Leroux Arena	Friday	06-Sep-24	5:00 PM	1.0	Conditioning 3
CRC-A	Saturday	07-Sep-24	4:00 PM	1.5	Conditioning 4
Johnny Leroux Arena	Sunday	08-Sep-24	3:00 PM	1.5	Conditioning 5

**U13 (2012 Birth Year)**

Location	Day	Date	Start	Duration	Session
Johnny Leroux Arena	Tuesday	03-Sep-24	8:00 PM	1.0	Conditioning 1
CRC-A	Wednesday	04-Sep-24	7:00 PM	1.0	Conditioning 2
Johnny Leroux Arena	Friday	06-Sep-24	6:00 PM	1.0	Conditioning 3
CRC-A	Saturday	07-Sep-24	5:30 PM	1.5	Conditioning 4
Johnny Leroux Arena	Sunday	08-Sep-24	4:30 PM	1.5	Conditioning 5

**U14 (2011 Birth Year)**

Location	Day	Date	Start	Duration	Session
CRC-A	Tuesday	03-Sep-24	8:00 PM	1.0	Conditioning 1
Johnny Leroux Arena	Wednesday	04-Sep-24	7:00 PM	1.5	Conditioning 2
Johnny Leroux Arena	Friday	06-Sep-24	7:00 PM	1.0	Conditioning 3
CRC-A	Saturday	07-Sep-24	3:00 PM	1.0	Conditioning 4
Johnny Leroux Arena	Sunday	08-Sep-24	6:00 PM	1.5	Conditioning 5

**U15 (2010 Birth Year)**

Location	Day	Date	Start	Duration	Session
CRC-A	Tuesday	03-Sep-24	9:00 PM	1.0	Conditioning 1
CRC-A	Wednesday	04-Sep-24	8:00 PM	1.0	Conditioning 2
Johnny Leroux Arena	Friday	06-Sep-24	8:00 PM	1.0	Conditioning 3
CRC-A	Saturday	07-Sep-24	7:00 PM	1.5	Conditioning 4
Johnny Leroux Arena	Sunday	08-Sep-24	7:30 PM	1.5	Conditioning 5

**U16 (2009 Birth Year)**

Location	Day	Date	Start	Duration	Session
Johnny Leroux Arena	Tuesday	03-Sep-24	9:00 PM	1.0	Conditioning 1
Johnny Leroux Arena	Wednesday	04-Sep-24	8:30 PM	1.5	Conditioning 2
Johnny Leroux Arena	Friday	06-Sep-24	9:00 PM	1.0	Conditioning 3
CRC-A	Saturday	07-Sep-24	8:30 PM	1.5	Conditioning 4
Johnny Leroux Arena	Sunday	08-Sep-24	9:00 PM	1.0	Conditioning 5

**U18 Black (2008 Birth Year)**

Location	Day	Date	Start	Duration	Session
Johnny Leroux Arena	Thursday	05-Sep-24	7:00 PM	1.5	Conditioning 1
CRC-B	Sunday	08-Sep-24	7:45 PM	1.5	Conditioning 2
Johnny Leroux Arena	Sunday	15-Sep-24	8:00 PM	1.0	Conditioning 3
Johnny Leroux Arena	Thursday	19-Sep-24	9:00 PM	1.0	Conditioning 4
CRC-A	Sunday	22-Sep-24	9:00 PM	1.0	Conditioning 5

**U18 White (2007 Birth Year)**

Location	Day	Date	Start	Duration	Session
Johnny Leroux Arena	Thursday	05-Sep-24	8:30 PM	1.5	Conditioning 1
CRC-B	Sunday	08-Sep-24	6:15 PM	1.5	Conditioning 2
Johnny Leroux Arena	Sunday	15-Sep-24	9:00 PM	1.0	Conditioning 3
Johnny Leroux Arena	Thursday	19-Sep-24	8:00 PM	1.0	Conditioning 4
CRC-A	Sunday	22-Sep-24	8:00 PM	1.0	Conditioning 5