

YEAR	MONTH	WEEKEND	Technical Foundations (12U- Born in 1998+)	Competitive Foundations (14U- Born in 1996+)	Competitive Foundations (16U- Born in 1994+)	Training to Compete (18U- Born in 1992+)	Training to Perform (22U & Post-Secondary- Born in 1988+)	Training to Perform (Senior/Open)	Living to Win (Senior National Teams)	Active for Life (Masters)	Miscellaneous (Conferences, NCCP, Official Training, Prof Dev, Holidays, etc)	
2009	September	4th-6th									LABOUR DAY WEEKEND	
		11th-13th									2nd Annual Growth & Leadership Summit + Comp Int LF Training + National Referee Course (Montreal)	
		18th-20th									LEN Congress September 18-19 (Denmark)	
		25th-27th										
	October	2nd-4th				Junior Men's and Women's East and West Talent ID Camps- Dates and Locations TBC						Community Sport- Initiation MLF Training (Toronto)
		9th-11th									THANKSGIVING OCTOBER 12TH	
		16th-18th							CSL Weekend #1 October 14-18 (Montreal)			
		23rd-25th										
	November	30th-1st										
		6th-8th								CSL Weekend #2 November 4-8 (Montreal)		
		13th-15th										
		20th-22nd								CSL Playoff Weekend November 18-21 (Montreal)		CSL Benefit Dinner November 21 7:00PM Location TBD
		27th-29th										
	December	4th-6th								6 Nations Cup- Women Nov 30-Dec 7 (Montreal)		
		11th-13th								Holiday Cup- Women (California)- TB C		UNIVERSITY EXAMS
		18th-20th										UNIVERSITY EXAMS

