| 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-Scondary- Born in 1988+) | Training to Perform (Senior/Open) | Excellence Stream of Competition (Provincial Teams and Training Centres) | Active for Life (Masters) | Miscellaneous (Conferences, NCCP, Official Training, Prof Dev, Holidays, etc) |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 2009 | September | 4th-6th | | | | | | | | | LABOUR DAY WEEKEND |
| | | 11th-13th | | | | | | | | | |
| | | 18th-20th | | | | | | | | | Coach training |
| | | 25th-27th | | | | | | | | | Official training |
| | October | 2nd-4th | | | | | | | | | |
| | | 9th-11th | | | | | | | | | THANKSGIVING OCTOBER 12TH |
| | | 16th-18th | | | | | | | | | |
| | | 23rd-25th | Mtl-Metro | Mtl-Metro | | Mtl-Metro | | | | | |
| | November | 30th-1st | | | | | | | CCPC Men in Toronto<br>Women in Montreal- TBC | | |
| | | 6th-8th | Invitationnal Aqua polo (Hull) | Invitationnal Aqua polo (Hull) | | | | | | | |
| | | 13th-15th | | | DDO Autumn Classic- Girls (Dollard) | DDO Autumn Classic- Women (Dollard) | | | CCPC Men and<br>Women in Ottawa- TBC | | |
| | | 20th-22nd | | | CAMO Invitational Boys and Girls (Claude Robillard) | | | | | | |
| | | 27th-29th | | | CDN Invitational Senior B adn C | | | | | Chaos Invitational Senior B and C (Côte des neiges) | |
| | December | 4th-6th | Mtl-Metro | Mtl-Metro | Laval Invitation Boys (Laval) | Mtl-Metro | | | CCPC Men in Montreal<br>Women in Toronto- TBC | | |
| | | 11th-13th | | | | | | | Team Ontario v Team Quebec (Toronto)- TBC | | UNIVERSITY EXAMS |
| | | 18th-20th | | | Laval Invitation Girls (Laval) | CAMO Men and women Invitational (CAMO) | | | | | UNIVERSITY EXAMS |
| | | 25th-27th | | | | | | | | | CHRISTMAS |
| | | 1st-3rd | | | | | | | | | NEW YEARS |
| | | 8th-10th | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|
| January | 15th-17th | | | Aqua polo Invitational Hull | | | | | | |
| | 22nd-24th | | | | | | | | CAMO Invitational Senior B and C (Claude Robillard) | |
| | 29th-31st | | | | | | | | | |
| February | 5th-7th | Mtl-Metro | Mtl-Metro | | Mtl-Metro | | | | | |
| | 12th-14th | | | | | FWPQ Championships Men and Women CAMO or Hull | | | | |
| | 19th-21st | | | | Nelson McDunnough Memorial- Men (Dollard) | | | | | |
| | 26th-28th | | | | | | | | | |
| March | 5th-7th | | | | | | | | | |
| | 12th-14th | | | | | | | | | |
| | 19th-21st | Mtl-Metro | Mtl-Metro | | Mtl-Metro | | | | Laval Invitational Senior C (Laval) | |
| | 26th-28th | | | | FWPQ Championships (Hull) | | | | | |
| | 2nd-4th | | | | | | | | | EASTER WEEKEND |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 2010 | April | 9th-11th | | | | ONT/QC Club Champions Cup- Men and Women (Ontario) | | | | | UNIVERSITY EXAMS |
| | | 16th-18th | | | FWPQ Championships (Hull) | | | | | | UNIVERSITY EXAMS |
| | | 23rd-25th | | | ONT/QC Club Champions Cup- Boys and Girls (Quebec) | | | | | | |
| | May | 30th-2nd | Mtl-Metro | Mtl-Metro | | Mtl-Metro | | | | | |
| | | 7th-9th | | | | | | | | | |
| | | 14th-16th | FWPQ Mini Polo | FWPQ Championship- Boys and Girls (Location TBD) | | | | | | | |
| | | 21st-23rd | | | | | | | | | VICTORIA DAY WEEKEND |
| | | 28th-30th | | | | | | | | | |
| | June | 4th-6th | Aquapolo Provincials or invitational | AAA ONT/QC Club Champions Cup- Boys and Girls (Quebec) | | | | | | | |
| | | 11th-13th | | | | | | | | Provincials Senior B and C (CAMO) | |
| | | 18th-20th | | | | | | | | | AGM water polo Quebec |
| | | 25th-27th | | | | | | | | | ST-JEAN BAPTISTE JUNE 24TH |
| | July | 2nd-4th | | | | | | | | | CANADA DAY JULY 1ST |
| | | 9th-11th | | | | | | | | International masters (parc Jean Drapeau) | |
| | | 16th-18th | | | | | | | | | |
| | | 23rd-25th | | | | | | | | | |
| | | 30th-1st | | | | | | | | | |
| | August | 6th-8th | | | | | | | | | |
| | | 13th-15th | | | | | | | | | |
| | | 20th-22nd | | | | | | | | | |
| | | 27th-29th | | | | | | | | | |