

DATES	SPRING FLAG	U19(MIDGET)	U16 & U19 FEMALE	
JANUARY 1-5, 2025	WINTER TRAINING - NO TEAM PRACTICES WITH EQUIPMENT OR CONTACT	FEBRUARY 1, 2025 PRACTICES ARE OPTIONAL FOLLOWING LTAD GUIDELINES(MAXIMUM OF 10 TEAM PRACTICES ALL ARE MAX OF 120 MINUTES AND ALL ARE NON CONTACT)		
JANUARY 6-12, 2025				
JANUARY 13-19, 2025				
JANUARY 20-26, 2025				
JANUARY 27 - FEBRUARY 2, 2025				
FEBRUARY 3 - 9, 2025				
FEBRUARY 10 - 16, 2025				
FEBRUARY 17 - 23, 2025				
FEBRUARY 24 - MARCH 2, 2025				
MARCH 3 - 9, 2025				WINTER TRAINING
MARCH 10 - 16, 2025	PRE SEASON WEEK*	SAFE CONTACT WEEK		
MARCH 17 - 23, 2025	PRE SEASON WEEK*	TEAM PRACTICE WEEK		
MARCH 24 - 30, 2025	TEAM PRACTICE WEEK - UP TO THE CLUB	REGULAR SEASON WEEK #1	TEAM PRACTICE WEEK	
MARCH 31 - APRIL 6, 2025	TEAM PRACTICE WEEK - UP TO THE CLUB	REGULAR SEASON WEEK #2	PROVINCE WIDE JAMBOREE WEEKEND IN RED DEER?	
APRIL 7 - 13, 2025	TEAM PRACTICE WEEK - UP TO THE CLUB	BYE WEEK FOR FOOTBALL ALBERTA U16, U17 & U18 TRYOUTS IN EDMONTON	REGULAR SEASON WEEK #1	
APRIL 14 - 20, 2025	SEASON KICK OFF FESTIVAL	REGULAR SEASON WEEK #3	REGULAR SEASON WEEK #2	
APRIL 21 - 27, 2025	GAME WEEK #1	REGULAR SEASON WEEK #4	REGULAR SEASON WEEK #3	
APRIL 28 - MAY 4, 2025	GAME WEEK #2	REGULAR SEASON WEEK #5	REGULAR SEASON WEEK #4	
MAY 5 - 11, 2025	GAME WEEK #3	U19 CHAMPIONSHIP GAMES	REGULAR SEASON WEEK #5	
MAY 12 - 18, 2025	BYE WEEK - MAY LONG WEEKEND & FLAG NATIONALS IN KINGSTON		CDMFA PLAYOFF WEEKENDS FOR U16 & U19	
MAY 19 - 25, 2025	GAME WEEK #4		BYE WEEK FOR FOOTBALL ALBERTA U18 TRYOUTS	
MAY 26 - JUNE 1, 2025	GAME WEEK #5		CDMFA PLAYOFF WEEKENDS FOR U16 & U19	
JUNE 2-8, 2025	SPRING SEASON WRAP UP		FOOTBALL ALBERTA FEMALE U16 & U19 PROVINCIAL CHAMPIONSHIPS IN RED DEER	
JUNE 9 - 15, 2025				
JUNE 16 - 22, 2025				
JUNE 21 & 22, 2025				