



2020

SPKAC SUMMER CONDITIONING & PREP CAMP

	MONDAY AUGUST 3	TUESDAY AUGUST 4	WEDNESDAY AUGUST 5	THURSDAY AUGUST 6	FRIDAY AUGUST 7	MONDAY AUGUST 10	TUESDAY AUGUST 11	WEDNESDAY AUGUST 12
U13 Formerly PeeWee	4:45-6:00PM SHELL	4:45-6:00PM SHELL	4:45-6:00PM SHELL	4:45-6:00PM SHELL	4:45-6:00PM SHELL	4:45-6:00PM SHELL	4:45-6:00PM SHELL	4:45-6:00PM SHELL
1ST U15 Formerly Bantam	6:15-7:30PM SHELL	6:15-7:30PM SHELL	6:15-7:30PM SHELL	6:15-7:30PM SHELL	6:15-7:30PM SHELL	6:15-7:30PM SHELL	6:15-7:30PM SHELL	6:15-7:30PM SHELL
1ST U18 Formerly Midget	7:45-9:00PM SHELL	7:45-9:00PM SHELL	7:45-9:00PM SHELL	7:45-9:00PM SHELL	7:45-9:00PM SHELL	7:45-9:00PM SHELL	7:45-9:00PM SHELL	7:45-9:15PM SHELL

	THURSDAY AUGUST 13	FRIDAY AUGUST 14	SATURDAY AUGUST 15	SUNDAY AUGUST 16	MONDAY AUGUST 17	WEDNESDAY AUGUST 19	FRIDAY AUGUST 21	SATURDAY AUGUST 22
(2nd) U18	9:15-10:30PM ARENA	8:00-9:15PM ARENA	3:15-4:30PM SHELL	3:15-4:30PM SHELL	9:00-10:15PM ARENA	8:00-9:30PM SHELL	7:30-8:45PM SHELL	3:30-4:45PM ARENA

	TUESDAY AUGUST 25	WEDNESDAY AUGUST 26	THURSDAY AUGUST 27	FRIDAY AUGUST 28	SATURDAY AUGUST 29	SUNDAY AUGUST 30	MONDAY AUGUST 31	WEDNESDAY SEPTEMBER 02
FEMALE U18	8:15-9:15PM ARENA	7:30-8:45PM SHELL	8:15-9:30PM ARENA	7:30-8:45PM GARC	1:45-3:00PM ARENA	12:45-2:00PM ARENA	5:00-6:15PM SHELL	4:45-6:00PM SHELL

	MONDAY AUGUST 24	TUESDAY AUGUST 25	WEDNESDA Y AUGUST 26	THURSDAY AUGUST 27	FRIDAY AUGUST 28	SATURDAY AUGUST 29	SUNDAY AUGUST 30	TUESDAY SEPTEMBER 01
FEMALE U15	5:00-6:15PM ARENA	4:45-6:15PM ARENA	6:00-7:15PM SHELL	5:45-7:00PM SHELL	4:45-6:00PM SHELL	2:00-3:15PM SHELL	2:00-3:15PM SHELL	5:00-6:15PM ARENA

	MONDAY AUGUST 10	TUESDAY AUGUST 11	THURSDAY AUGUST 13	FRIDAY AUGUST 14	SATURDAY AUGUST 15	SUNDAY AUGUST 16	MONDAY AUGUST 17	TUESDAY AUGUST 18
(2 nd) U15	9:15 10:30PM SHELL	9:15-10:15PM SHELL	7:45-9:00PM SPA	6:30-7:45PM SPA	7:00-8:15PM SPA	7:00-8:15PM SHELL	5:45-6:45PM GARC	5:45-6:45PM SPA