



2021

SPKAC SUMMER CONDITIONING & PREP CAMPS

	MONDAY AUGUST 2	TUESDAY AUGUST 3	WEDNESDAY AUGUST 4	THURSDAY AUGUST 5	FRIDAY AUGUST 6	MONDAY AUGUST 9	TUESDAY AUGUST 10	WEDNESDAY AUGUST 11
U13	6:15-7:30PM SHELL	4:45-6:00PM SHELL	7:45-9:00PM SHELL	4:45-6:00PM SHELL	6:15-7:30PM SHELL	6:15-7:30PM SHELL	6:15-7:30PM SHELL	4:45-6:00PM SHELL
1ST U15	7:45-9:00PM SHELL	6:15-7:30PM SHELL	6:15-7:30PM SHELL	6:15-7:30PM SHELL	7:45-9:00PM SHELL	7:45-9:00PM SHELL	7:45-9:00PM SHELL	6:15-7:30PM SHELL
1ST U18	9:15-10:30PM SHELL	7:45-9:00PM SHELL	9:15-10:15PM SHELL	7:45-9:00PM SHELL	9:15-10:15PM SHELL	9:15-10:30PM SHELL	9:15-10:15PM SHELL	7:45-9:15PM SHELL

	THURSDAY AUGUST 12	FRIDAY AUGUST 13	SUNDAY AUGUST 15	MONDAY AUGUST 16	TUESDAY AUGUST 17	WEDNESDAY AUGUST 18	THURSDAY AUGUST 19	FRIDAY AUGUST 20
2nd U18	9:15-10:30PM RANDY ROSEN	8:00-9:15PM RANDY ROSEN	6:15-7:30PM RANDY ROSEN	9:00-10:15PM RANDY ROSEN	7:00-8:15PM RANDY ROSEN	8:00-9:30PM SHELL	9:15-10:30PM SHELL	8:45-10:00PM SHELL

	WEDNESDAY AUGUST 18	THURSDAY AUGUST 19	FRIDAY AUGUST 20	MONDAY AUGUST 23	TUESDAY AUGUST 24	WEDNESDAY AUGUST 25	THURSDAY AUGUST 26	FRIDAY AUGUST 27
3rd U18	5:30-6:45PM GARC	7:45-9:00PM SHELL	7:30-8:30PM SHELL	8:00-9:15PM MP SPRITE	9:30-10:45PM MP CHEV	9:00-10:15PM SHELL	9:30-10:30PM GARC	6:45-8:00PM ARCW

	MONDAY AUGUST 2	TUESDAY AUGUST 3	WEDNESDAY AUGUST 4	THURSDAY AUGUST 5	FRIDAY AUGUST 6	MONDAY AUGUST 9	TUESDAY AUGUST 10	WEDNESDAY AUGUST 11
2 nd U13	4:45-6:00PM SHELL	6:45-8:00PM GARC	4:45-6:00PM SHELL	6:45-8:00PM GARC	4:45-6:00PM SHELL	4:45-6:00PM SHELL	4:45-6:00PM SHELL	6:00-7:15PM ARCW

	MONDAY AUGUST 9	TUESDAY AUGUST 10	THURSDAY AUGUST 12	FRIDAY AUGUST 13	SATURDAY AUGUST 14	SUNDAY AUGUST 15	MONDAY AUGUST 16	TUESDAY AUGUST 17
2 nd U15	8:00-9:15PM MP SPRITE	8:45-10:00PM GARC	7:45-9:00PM RANDY ROSEN	6:30-7:45PM RANDY ROSEN	3:15-4:30PM SHELL	3:15-4:30PM SHELL	7:30-8:45PM RANDY ROSEN	5:45-6:45PM RANDY ROSEN

	MONDAY JULY 26	TUESDAY JULY 27	WEDNESDAY JULY 28	THURSDAY JULY 29	FRIDAY JULY 31
U13 CHECKING	6:00-7:15PM MP CHEV	6:45-7:45PM SHELL	7:00-8:15PM SHELL	6:30-7:45PM SHELL	6:00-7:15PM SHELL

	MONDAY AUGUST 23	TUESDAY AUGUST 24	WEDNESDAY AUGUST 25	THURSDAY AUGUST 26	FRIDAY AUGUST 27	SATURDAY AUGUST 28	SUNDAY AUGUST 29	MONDAY SEPTEMBER 30
FEMALE U15	5:00-6:15PM RANDY ROSEN	7:30-9:00PM GARC	6:00-7:15PM SHELL	5:45-7:00PM SHELL	4:45-6:15PM RANDY ROSEN	2:00-3:00PM SHELL	2:45-3:45PM SHELL	5:00-6:15PM RANDY ROSEN

	TUESDAY AUGUST 24	WEDNESDAY AUGUST 25	THURSDAY AUGUST 26	FRIDAY AUGUST 27	SATURDAY AUGUST 28	SUNDAY AUGUST 29	MONDAY AUGUST 30	TUESDAY AUGUST 31
FEMALE U18	9:15-10:45PM GARC	7:30-8:45PM SHELL	8:45-10:00PM MP SPRITE	9:45-11PM SHELL	3:15-4:15PM SHELL	4:00-5:00PM SHELL	6:15-7:30PM ARC-W	8:00-10:00PM GARC