

Brock Practice Schedule-2024

Club Facility

Time	Monday	Tuesday	Wednesday	Thursday
6-7:30	U12 Tackle	U14 Girls	U14 Boys	U12 Tackle
	U14 Boys	U16 Girls		U16 Boys
7:30-9	Women's Flag	U18 Boys	U18 Girls	U18 Boys
	Senior Women	Senior Men		Senior Men
Sunderland Public School or Brock High School				
6-7:30		U16 Boys		U14 Girls
				U16 Girls
7:30-9	U18 Girls		Senior Women	

1. Senior men and women will practice at the ball diamond in Cannington until the field is dry and permits are ready for Sunderland/Brock HS (June 2nd).
2. Additional practice time available at Brock High School. Full field.
3. Practice length can be adjusted if the full 1 1/2 hours are NOT needed.
4. If a team is not running the schedule will be adjusted accordingly.
5. Even if space allows at the club, teams are required to use other venues to relieve the pressure on the field
6. Once U18 boys/girls start the league (June 12th), Wednesday nights will be game nights for home games. Field available if no home game.
7. U12 tackle will probably use 1 hour only. This will give the teams on the field with them 1/2 hour to run full field training.