

Brock Practice Schedule-2025

Club Facility

| Time | Monday | Tuesday | Wednesday | Thursday |
|--------|--------------|------------|---------------------|--------------|
| 6-7:30 | U12 Tackle | U14 Girls | | U16 Boys |
| | U14 Boys | U16 Girls | | |
| 7:30-9 | Women's Flag | U18 Boys | U18 Boys-U18 Girls | Senior Men |
| | Senior Women | Senior Men | If No Games at Club | Senior Women |

Sunderland Public School or Brock High School

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|--------|-----------|----------|----------|---|
| 6-7:30 | | U16 Boys | U14 Boys | U14/U16 Girls Back Field U12 Coed South Field |
| | | | | |
| 7:30-9 | U18 Girls | | | |
| | | | | |

1. First group on the field may start early. Second group on the field may stay later.

2. DO NOT START BEFORE THE SCHEDULED TIME. ONCE TIME IS OVER, GET OFF THE FIELD QUICKLY. RESPECT OTHER TEAMS PRACTICE TIME.

3. DO NOT WARM UP IN THE END ZONE. USE THE PARKING LOT, EAST SIDE or NORTH END.

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.