

Brock Practice Schedule 2026				
Club Facility				
Time	Monday	Tuesday	Wednesday	Thursday
5:45-7:15	U16 Boys & Girls			U16 Girls
7:15-8:45	Women's Flag-North End	U18 Boys	U18 Boys-U18 Girls	Senior Men (U18 if 2nd practice required)
	Sr. Women/U18 Girls	Senior Men	If No Games at Club	Senior Women
Sunderland Public School or Brock High School				
6-7:30	U12 Sunderland PS		U16 Boys Brock HS	U12 Sunderland PS
	U14 Boys & Girls Brock HS			U14 Boys & Girls Brock HS
7:30-9				U18 Girls if 2nd Practice Needed Once Games Start
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 games start (Jun 10th or 17th), Wednesday night will be game night for U18 teams.				