

# TRA COMPETITIVE - Provincial Team

Training Break
Holiday No Training
Regular Training Schedule
Provincial Competition
National Competition
Special Event
In House Competition

Jun-18						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	21	21	22	23
24	25	26	27	28	29	30

Jul-18						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Aug-18						
S	M	T	W	T	F	S
4			1	2	3	4
5	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Sep-18						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Oct-18						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Nov-18						
S	M	T	W	T	F	S
16				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Dec-18						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Jan-19						
S	M	T	W	T	F	S
24		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Feb-19						
S	M	T	W	T	F	S
29					1	2
30	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

Mar-19						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Apr-19						
S	M	T	W	T	F	S
37	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May-19						
S	M	T	W	T	F	S
41			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	28	28	29	30	31	

Jun-19						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

## TRA Provincial Competition Schedule

Tour Selection Qualifier		
Tour Selection		
Mock Meet	January 25th, 2019	Time TBA at OGC
1st Ontario Cup	February 8th-10th, 2019	OAA, Pickering, ON
MockMeet	March 9th, 2019	Time TBA at OGC
2nd Ontario Cup	March 22nd-24th 2019	Niagara Falls, Ontario
Mock Meet	April 13th, 2019	at OGC
3rd Ontario Cup	April 26th-28th, 2019	Kingstin Aeros, Kingston, ON
Mock Meet (Mini)	TBA	Time TBA at OGC
Eastern Championships	TBA	Province of Quebec
Mock Meet	May 18th, 2019	Time TBA at OGC
Provincial Championships	May 24th-26th, 2019	OAA, Pickering, ON

## Events and Facility Schedule

Summer Shut down	July 1-9, 2018	
1st Physical Testing	August 27th-29th, 2018	Within each Group
Training Camp P2-P4	November 3rd-4th, 2018	Kingston Aeros, Kingston, ON
Winter Holiday Party	Dec 21st	OGC 5:30-8:00 pm
Winter Holiday Shut down	December 22nd - January 1st, 2019	
2nd Physical Testing	January 5th, 2019	All together from 1:00-2:45 pm
Nutrition Seminars	January 19th & 20th, 2019	Hintonburg Community Centre 19th: 10:30-12:30 in Wellington Room 20th: 1:30-3:30 pm in Basement #2
WAG L3-L5 & L6-10 Qualifier	March 1st-3rd, 2019	Ottawa Gymnastics Centre
TRA Program Year End Party	June 8th, 2019	6:00-8:30 pm
3rd Physical Testing	June 15th, 2019	All together
Year End Banquet	June 21st, 2019	Sala San Marco Event & Conference Centre 215 Preston St, Ottawa, ON K1R 7R1 5:00 pm
Last Day of Training	Week of June 25th-28th, 2019	at OGC

Revised April 16th, 2019

|