

# TRA COMPETITIVE - InterClub 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	10	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
20						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
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
33					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
45						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 InterClub Competition Schedule

Mock Meet	January 19th, 2019	Les Sittelles
PACInterClub Cup	February 1st-2nd, 2019	Pickering Athletic Centre, Pickering, ON
Mock Meet	Feb 23rd, 2019	Time TBA at OGC
TRA & DMT Just Bounce Interclub Cup	Sunday March 10th, 2019	TBA
Mock Meet	May 18th, 2019	Time TBA at OGC
T & T InterClub Meet	June 1st -2nd, 2019	Burlington Gymnastics Centre, Burlington

### Events and Facility Schedule

Summer Shut down	July 1-9, 2018	
1st Physical Testing	August 27th-29th, 2018	Within each Group
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