

# TRA COMPETITIVE - Pre-Competitive Group

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
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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
		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
					1	2
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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
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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
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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
			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 Pre-Competitive Competition Schedule

Fun Meet	December 9th, 2018	OGC
Fun Meet	TBA	OGC

## Events and Facility Schedule

Summer Shut down	July 1-September 8, 2018	
1st Physical Testing	September 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
WAG L3-L5 & L6-10 Qualifier	March 1st-3rd, 2019	Ottawa Gymnastics Centre
3rd Physical Testing	June 15th, 2019	All together
Year end Banquet		Place and Time TBA
Last Day of Training	Saturday June 29th	