

**High Performance**

**BC Training and Event Calendar 2022-23**

**September 22 – September 23**

**Overview**

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| **September** | **October** | **November** | **December** | **January** |
| BC Squad practices  Mondays and Fridays | BC Squad practices  Mondays and Fridays | BC Squad practices  Mondays and Fridays | BC Squad practices  Mondays and Fridays | BC Squad practices  Mondays and Fridays |
|  |  | **International Series BC V British Army**  **17/18/19** | Christmas Break  17th – Jan. 2nd |  |

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| **February** | **March** | **April** | **May** | **June** |
| BC Squad practices  Mondays and Fridays | **BC and National Team Training**  **Mondays and Fridays** | **BC and National Team Training**  **Mondays and Fridays** | **BC and National Team Training**  **Mondays and Fridays** | **Continental**  **Cup**  **USA**  **Sint Maarten**  **Argentina**  **Canada**  **19/24** |
| **National Team Selection/ Training camp**  **18/19** | International Guest Coach  1st -18th | **BC and National Team Training Camp**  **15/16** | **National Championships**  **19/22**  **Calgary** |  |



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| **July** | **August** | **September** |
| **BC and National Team Training**  **Mondays and Fridays** | **BC and National Team Training**  **Mondays and Fridays** | BC Squad practices  Mondays and Fridays |
|  | **National Training Camp** | **Nations Cup**  **Singapore**  **4-9** |