

MSSAC Practice Schedule 2025/26

Groups	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
High Performance Coach Aris	5:30-7:00AM UTM		5:30-7:00AM UTM		5:30-7:00AM UTM	6-8:30AM BCC	
	4-6:00PM CM	4-6:15PM BCC	4-6:30PM TF	4-6:15PM BCC	OFF		
	Dryland 6:30-7:30PM Sly		Dryland 7:15-8:15PM Sly			Dryland 9:15-10:15AM Sly	
Junior National Coach Nail		5:30-7:00AM UTM		5:30-7:00AM UTM	5:30-7:00AM UTM	7:00-9AM UTM	
	4-6:30PM TF	4:30-6:30PM FM	4-6PM CL	OFF	4-6PM CL		
		Dryland 7-8PM Sly			6:30-7:30PM	Dryland 9:45-10:45AM Sly	
High Performance Age Group Coach Youssef		5:30-7:00AM BCC		5:30-7:00AM BCC		6:30-9AM RG	
	4:30-6:30PM CC	6:15-8:15 BCC	4-6PM HP		6-8:30PM UTM		
			Dryland 7-8PM Sly		Dryland 4:15-5:15PM Sly		
Performance Coach Brian	5:30-7 MD	5:30-7AM EM		5:30-7AM EM		7:00-9AM UTM	
	OFF	6:30-8:00PM MD	4-6PM RG	4:00-6:00PM MD			
	Dryland 5-6PM Sly				Dryland 5:15-6:15PM Sly		
Compete Coach Mohammed	5:30-7:00AM UTM		5:30-7:00AM EM		5:30-7:00AM EM		
				6:15-8:15PM BCC		5:30-7:30PM BCC	
		Dryland 5-6PM Sly		Dryland 4:30-5:30PM Sly			
Future Stars Blue COACH BRIAN			5:30-7:00AM MD			2:30-4:30PM CL	
	6-8PM CM	4:30-6:30PM MD	6-7:30PM RG	6:00-8:00PM MD			
	Drylan 5:30-6pm		Dryland 7:30-8PM				
TOP 10 Blue COACH DRAYTON	6-8PM CM	4:30-6:30PM MD		6-8PM MD		6:00-8:00AM CC	
		Dryland 6:30-7PM		Dryland 5:30-6PM			
				5:30-7:00AM CC		2:30-4:30PM CL	
Future Stars Orange COACH LETICIA	6:30-8:30PM CC	4:30-6:30PM HP	6-7:30PM RG		6:30-8:30PM CC		
	Dryland 6-6:30PM				Dryland 6-6:30PM		
						6:00-8:00AM CC	
TOP 10 Orange COACH LETICIA	6:30-8:30PM CC	5:30-7:30PM HP			4:30-6:30PM CC		
	Dryland 6-6:30PM				Dryland 6:30-7PM		
Junior Jets Orange Coach Moh	6:30-8:30PM TF		7:30-9PM RG		6:30-8:30PM CC	7:30-9AM CL	
			Dryland 7-7:30PM				
Junior Jets Blue Coach Luke	6:30-8:30PM TF		7:30-9PM RG		5-6:30PM CC	6:30-8:30AM TF	
			Dryland 7-7:30PM				
Junior Jets White Coach Lukasz		6:30-8:30PM FM	6:00-7:30PM CL		6:00-7:30PM CL	6:30-8:30AM TF	
			Dryland 5:30-6PM				
Wave + CL			7:30-8:30PM CL		7:30-8:30PM CL	4:30-5:30PM CL	
Wave EM		7:30-8:30PM EM				7:00-8:00AM EM	
Wave MD	4:30-5:30PM MD		4:25-5:25PM MD				
Wave + HP		4:30-5:30PM HP	6:00-7:00PM HP		4:30-5:30PM HP		
Wave HP		6:30-7:30PM HP		5:30-6:30PM HP			
Wave Weekend						5:30-6:30PM CL	2:30-3:30PM CL
Wave FM (A)		6:30-7:30PM FM		6:15-7:15PM BCC			
Wave FM (B)		7:30-8:30PM FM		7:15-8:15PM BCC			
Wave TF			6:30-7:30PM TF	4:30-5:30PM HP			
Churchill Meadows (CM)		Bumhamthorpe (BCC)		Meadowale (MD)		Erim Meadows (EM)	
Huron Park (HP)		River Grove (RG)		Carmen Corbasson (CC)		University of Toronto	
Frank McKechnie (FM)		Terry Fox (TF)		Clarkson (CL)		Mississauga (UTM)	