

2024/25 INDOOR PROGRAM DETAILS

**APDL
2010/2011**



2010 & 2011 APDL - 12 MONTH PROGRAM

September 3 - March 23:

- Weekly Team Training (22)
- 28 x 90 minute Technical Sessions
- 75 total hours of on field training
- 6 Video Analysis Sessions
- 18 ORKA Sessions
- 8 11v11 League Games (Sept-Oct)
- 8 Indoor 9v9 League Games (Jan-March)
- 3-5 Exhibition Games
- U14 & U15 PDP Indoor Provincials
- Tournament Travel

April - August:

- Weekly Team Training (20)
- 22 x 90 Minute Technical Sessions
- 65 Total hours of on field training
- 4 Video Analysis Sessions
- 18 ORKA Sessions
- 9 11v11 Games (April - July)
- Cup Challenge
- 3-5 Exhibition games
- U15 PDP Nationals
- Tournament Travel

FEES ARE FOR 12 MONTH PROGRAM

\$1200 REGISTRATION + \$2100 TECH FEE + 400 ORKA + \$300 AT/VEO
Payments will be divided into 5 payments over 12 months

UNIFORMS:

- Practice kit included for all players
- Game jerseys provided for use during the season
- Blue and Orange game shorts/socks for purchase

PRACTICE LOCATIONS:

- Shouldice Turf Dome
- CWSC and Prolific North as needed

INCLUDED IN PROGRAM FEES:

- VEO video of all games
- Athletic Therapists at all games
- Access to mental performance and nutrition coaches

CALGARYBLIZZARD.COM