



NSS Performance Squad Schedule January 2022

Squad	Wed 5th Jan		Thurs 6th Jan		Fri 7th Jan		Sat 8th Jan
	am	pm	am	pm	am	pm	am
Grizzly	7:30-9	4-6	7:30-9	-	7:30-9	-	7:30-9
	NAC	NAC	NAC	-	NAC	-	NAC
Polar	7:30-9	4-6	7:30-9	-	7:30-9	-	7:30-9
	NAC	NAC	NAC	-	NAC	-	NAC

Squad	Mon 10th		Tues 11th		Wed 12th		Thurs 13th		Fri 14th		Sat 15th
	am	pm	am	pm	am	pm	am	pm	am	pm	am
Performance Camp	<u>CAMP WEEK - non-campers to join Black Bears</u>										





NSS Performance Squad Schedule January 2022

Squad	Mon 17th		Tues 18th		Wed 19th		Thurs 20th		Fri 21st		Sat 22nd
	am	pm	am	pm	am	pm	am	pm	am	pm	am
Grizzly	7-9	6-8	7-9	-	7-9	5-7	7-9	5-6	7-9	-	5:30-7:30
	NAC	NAC	NAC	-	NAC	NAC	NAC	NAC	NAC	-	NAC
Polar	7-9	6-8	7-9	-	7-9	5-7	7-9	5-6	7-9	-	5:30-7:30
	NAC	NAC	NAC	-	NAC	NAC	NAC	NAC	NAC	-	NAC

Squad	Mon 24th		Tues 25th		Wed 26th		Thurs 27th		Fri 28th		Sat 29th
	am	pm	am	pm	am	pm	am	pm	am	pm	am
Grizzly	7-9	6-8	7-9	-	7-9	4-6	7-9	4-6	7-9	-	5:30-7:30
	NAC	NAC	NAC	-	NAC	NAC	NAC	NAC	NAC	-	NAC
Polar	7-9	6-8	7-9	-	7-9	4-6	7-9	4-6	7-9	-	5:30-7:30
	NAC	NAC	NAC	-	NAC	NAC	NAC	NAC	NAC	-	NAC

