

11U Beginner (Ages 7-11)

11U Advanced (Ages 9-11)

12 and up

NOVEMBER 2021 – IGH The Cages Training

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2 6-7: 11U Adv. 7-8: 12 and up	3 6-7: 12 and up 7-8: 11U Adv.	4	5	6
7 1-2: Beginner 2-3: Advanced	8	9 6-7: 12 and up 7-8: 12 and up	10 6-7: Advanced 7-8: Beginner	11	12	13
14 1-2: Advanced 2-3 Beginner	15	16 6-7: 12 and up 7-8: Advanced	17 6-7: Beginner 7-8: 12 and up	18	19	20
21 1-2: Beginner 2-3: Advanced	22	23 6-7: 12 and up 7-8: 12 and up	24	25 Thanksgiving	26	27
28 1-2: Advanced 2-3: Beginner	29	30 6-7: 12 and up 7-8: 12 and up	1	2	3	4

11U Beginner (Ages 7-11)

11U Advanced (Ages 9-11)

12-15-year-olds

DECEMBER 2021 – IGH The Cages Training

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 6-7: 11U Adv. 7-8: 12 and up	2	3	4
5 1-2: 12 and up 2-3: Advanced	6	7 6-7: Beginner 7-8: 12 and up	8 6-7: Beginner 7-8: Advanced	9	10	11
12 1-2: Beginner 2-3: 12 and up	13	14 6-7: 12 and up 7-8: Advanced	15 6-7: Advanced 7-8: Beginner	16	17	18
19 1-2: Advanced 2-3: 12 and up	20	21 6-7: Beginner 7-8: 12 and up	22 6-7: Advanced 7-8: Advanced	23	24	25
26	27	28 6-7: 12 and up 7-8: 12 and up	29 6-7: Advanced 7-8: Advanced	30	31	1

11U Beginner (Ages 7-11)

11U Advanced (Ages 9-11)

12-15-year-olds

JANUARY 2022 – IGH The Cages Training

Saturday							
2	3	4	5	6	7	8	
1-2: Beginner 2-3: Advanced	6-7: 12 and up 7-8: 12 and up		6-7: Advanced 7-8: Beginner				
9	10	11	12	13	14	15	
1-2: 12 and up 2-3: Advanced		6-7: 12 and up 7-8: 12 and up	6-7: Beginner 7-8: Advanced				
16	17	18	19	20	21	22	
1-2: Advanced 2-3: 12 and up							
23	24	25	26	27	28	29	
30	31						