

April / May 2023

CCHS Ladies XV's Rugby Practice Schedule

Hear the Cougars roar!!

'All the talent in the world won't take you anywhere without your teammates'

Coach Suttie – suttie@holyspirit.ab.ca

Asst Coach Prete – preted@holyspirit.ab.ca

Asst Coach Strom – micahstrom17@gmail.com

Manager Close – closes@holyspirit.ab.ca



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	APR 3	4	5	6	7	8
**Raymond Icebreaker JV Girls April 1st	3:30 – 5:30pm CCH W field		3:30 – 5:30pm CCH W field	3:30 – 5:30pm CCH W field		
9	10	11	12	13	14	15
SPRING BREAK						
16	17	18	19	20	21	22
	3:30 – 5:30pm CCH W field	3:30 – 5:30pm CCH W field	WCHS @ CCH W	3:30 – 5:30pm CCH W field	Calgary Exhibition Henry Wisewood	Calgary Exhibition Henry Wisewood
23	24	25	26	27	28	29
	3:30 – 5:30pm CCH W field	3:30 – 5:30pm CCH W field	@ WR Myers (depart 4:00pm)	3:30 – 5:30pm CCH W field		
30	MAY 1	2	3	4	5	6
	3:30 – 5:30pm CCH W field	3:30 – 5:30pm CCH W field	@ Pincher Creek MHS (depart 3:30pm)	3:30 – 5:30pm CCH W field		
7	8	9	10	11	12	13
	3:30 – 5:30pm CCH W field	3:30 – 5:30pm CCH W field	LCI @ CCH W	3:30 – 5:30pm CCH W field		
14	15	16	17	18	19	20
	@ MHHS (depart 2:30pm)	3:30 – 5:30pm CCH W field	Raymond @ CCH W	3:30 – 5:30pm CCH W field		
21	22	23	24	25	26	27
	3:30 – 5:30pm CCH W field	3:30 – 5:30pm CCH W field	@ Chinook (meet at 4:45pm)	3:30 – 5:30pm CCH W field		

** depending on league rankings, matches will be shared before the playoff week of May 28- June 3. Zone quarter finals will take place on May 30th, Semifinals on June 1st and tier II final on June 5th. If the tier II Zone championship is captured, ASAA Provincials will take place in Calgary June 9- 10th.