

Week (Monday start day)	Competitions	Training Camps	Sports-related Education	Other (off-mat, multi-sport, etc.)
04-Sep				
11				
18				
25				
02-Oct				
9				
16				
23				
30				
06-Nov				
13				
20				
27				
04-Dec				
11				
18				
25				

Week	Competitions	Training Camps	Sports-related Education	Other (off-mat, multi-sport, etc.)
01-Jan				
8				
15				
22				
29				
05-Feb				
12				
19				
26				
05-Mar				
12				
19				
26				

Week	Competitions	Training Camps	Sports-related Education	Other (off-mat, multi-sport, etc.)
02-Apr				
9				
16				
23				
30				
07-May				
14				
21				
28				
04-Jun				
11				
18				
25				
02-Jul				
9				
16				
23				
30				
06-Aug				
13				
20				
27				