



## OSC Performance Groups November 11th, 2025 Training Schedule

National	Provincial	Senior Competitive	Regional
9:45am - 10:00am Activation 10:00am - 1:00pm Kinsmen DSM SCM	12:45pm - 1:00pm Activation 1:00pm - 3:00pm Kinsmen DSM SCM 3:00pm - 4:00pm LIFT	8:00am - 10:00am Kinsmen DSM SCM 10:00am - 11:00am Mental Skills Session	8:00am - 10:00am Kinsmen DSM SCM