

**Team Ontario Workout – Wednesday, September 1st
@ Nelson Park in Burlington**

Team Ontario players will be working out on Wednesday, September 1st at Nelson Park in Burlington. The times are as follows:

- 16U Team: 6:30 to 8:30 pm
- 17U/ 18U Team: 8:30 to 10:30 pm

Players should plan on arriving at least 15 minutes early.

Directions:

Take the QEW west to Burlington.

Take Appleby Line south and turn right on New St.

Take New St. west and turn right (north) onto Belvenia Rd.

Nelson Park is on the right.