

| Month | Day | Date | Time | School | Court | Team | Notes | OVA Tournaments & Provincials |
|----------|-----------|------|---------------|-----------|-------|--------------|---|-------------------------------|
| November | Sunday | 03 | 2pm to 5pm | Nipissing | C2 | U16G Toshack | Strength & Conditioning AFTER practice | |
| November | Wednesday | 06 | 6pm to 8pm | Odyssee | 2 | U16G Toshack | | |
| November | Thursday | 07 | 7pm to 9pm | Fricker | 2 | U16G Toshack | | |
| November | Sunday | 10 | 1pm to 2:30pm | Nipissing | A2 | U16G Toshack | No Strength & Conditioning | |
| November | Wednesday | 13 | 6pm to 8pm | Odyssee | 2 | U16G Toshack | | |
| November | Thursday | 14 | 7pm to 9pm | Fricker | 2 | U16G Toshack | | |
| November | Sunday | 17 | 10am to 1pm | Nipissing | B2 | U16G Toshack | Strength & Conditioning BEFORE practice | OVA Tournament |
| November | Wednesday | 20 | 6pm to 8pm | Odyssee | 2 | U16G Toshack | | |
| November | Thursday | 14 | 7pm to 9pm | Fricker | 2 | U16G Toshack | | |
| November | Sunday | 24 | 10am to 1pm | Nipissing | B2 | U16G Toshack | Strength & Conditioning BEFORE practice | |
| November | Wednesday | 27 | 6pm to 8pm | Odyssee | 2 | U16G Toshack | | |
| November | Thursday | 28 | 7pm to 9pm | Fricker | 2 | U16G Toshack | | |
| December | Sunday | 01 | 10am to 1pm | Nipissing | B2 | U16G Toshack | Strength & Conditioning BEFORE practice | OVA Tournament |
| December | Wednesday | 04 | 6pm to 8pm | Odyssee | 2 | U16G Toshack | | |
| December | Thursday | 05 | 7pm to 9pm | Fricker | 2 | U16G Toshack | | |
| December | Sunday | 08 | 10am to 1pm | Nipissing | B2 | U16G Toshack | Strength & Conditioning BEFORE practice | |
| December | Wednesday | 11 | 6pm to 8pm | Odyssee | 2 | U16G Toshack | | |
| December | Thursday | 12 | 7pm to 9pm | Fricker | 2 | U16G Toshack | | |
| December | Saturday | 14 | 8am to 8pm | Nipissing | A-B-C | All Teams | Hosting an OVA Tournament (U18G) | |
| December | Sunday | 15 | 10am to 1pm | Nipissing | B2 | U16G Toshack | Strength & Conditioning BEFORE practice | |
| December | Wednesday | 18 | 6pm to 8pm | Odyssee | 2 | U16G Toshack | | |
| December | Thursday | 19 | 7pm to 9pm | Fricker | 2 | U16G Toshack | | |
| December | Wednesday | 25 | 6pm to 8pm | Odyssee | 2 | U16G Toshack | Gym Closed | |
| January | Wednesday | 01 | 6pm to 8pm | Odyssee | 2 | U16G Toshack | Gym Closed | |
| January | Wednesday | 08 | 6pm to 8pm | Odyssee | 2 | U16G Toshack | | |
| January | Thursday | 09 | 7pm to 9pm | Fricker | 2 | U16G Toshack | | |
| January | Sunday | 12 | 1pm to 2:30pm | Nipissing | A2 | U16G Toshack | No Strength & Conditioning | |
| January | Wednesday | 15 | 6pm to 8pm | Odyssee | 2 | U16G Toshack | | |
| January | Thursday | 16 | 7pm to 9pm | Fricker | 2 | U16G Toshack | | |
| January | Sunday | 19 | 1pm to 2:30pm | Nipissing | A2 | U16G Toshack | No Strength & Conditioning | |
| January | Wednesday | 22 | 6pm to 8pm | Odyssee | 2 | U16G Toshack | | |
| January | Thursday | 23 | 7pm to 9pm | Fricker | 2 | U16G Toshack | | |
| January | Saturday | 25 | 8am to 8pm | Nipissing | A-B-C | All Teams | Hosting an OVA Tournament (U16G) | |

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|----------|-----------|----|------------------|-----------|----|--------------|---|-----------------------|
| January | Sunday | 26 | 10am to 1pm | Nipissing | B2 | U16G Toshack | Strength & Conditioning BEFORE practice | OVA Tournament |
| January | Wednesday | 29 | 6pm to 8pm | Odyssee | 2 | U16G Toshack | | |
| January | Thursday | 30 | 7pm to 9pm | Fricker | 2 | U16G Toshack | | |
| February | Sunday | 02 | 10am to 1pm | Nipissing | B2 | U16G Toshack | Strength & Conditioning BEFORE practice | |
| February | Wednesday | 05 | 6pm to 8pm | Odyssee | 2 | U16G Toshack | | |
| February | Thursday | 06 | 7pm to 9pm | Fricker | 2 | U16G Toshack | | |
| February | Sunday | 09 | 10am to 1pm | Nipissing | B2 | U16G Toshack | Strength & Conditioning BEFORE practice | |
| February | Wednesday | 12 | 6pm to 8pm | Odyssee | 2 | U16G Toshack | | |
| February | Thursday | 13 | 7pm to 9pm | Fricker | 2 | U16G Toshack | | |
| February | Sunday | 16 | 10am to 1pm | Nipissing | B2 | U16G Toshack | Strength & Conditioning BEFORE practice | |
| February | Wednesday | 19 | 6pm to 8pm | Odyssee | 2 | U16G Toshack | | |
| February | Thursday | 20 | 7pm to 9pm | Fricker | 2 | U16G Toshack | | |
| February | Sunday | 23 | 1:30pm to 2:30pm | Nipissing | A2 | U16G Toshack | No Strength & Conditioning | OVA Tournament |
| February | Wednesday | 26 | 6pm to 8pm | Odyssee | 2 | U16G Toshack | | |
| February | Thursday | 27 | 7pm to 9pm | Fricker | 2 | U16G Toshack | | |
| March | Sunday | 01 | 10am to 1pm | Nipissing | B2 | U16G Toshack | Strength & Conditioning BEFORE practice | |
| March | Wednesday | 04 | 6pm to 8pm | Odyssee | 2 | U16G Toshack | | |
| March | Thursday | 05 | 7pm to 9pm | Fricker | 2 | U16G Toshack | | |
| March | Sunday | 08 | 10am to 1pm | Nipissing | B2 | U16G Toshack | Strength & Conditioning BEFORE practice | |
| March | Wednesday | 11 | 6pm to 8pm | Odyssee | 2 | U16G Toshack | | |
| March | Thursday | 12 | 7pm to 9pm | Fricker | 2 | U16G Toshack | | |
| March | Sunday | 15 | 10am to 1pm | Nipissing | B2 | U16G Toshack | Strength & Conditioning BEFORE practice | |
| March | Wednesday | 18 | 6pm to 8pm | Odyssee | 2 | U16G Toshack | Gym Closed | |
| March | Sunday | 22 | 2pm to 5pm | Nipissing | C2 | U16G Toshack | Strength & Conditioning BEFORE practice | |
| March | Wednesday | 25 | 6pm to 8pm | Odyssee | 2 | U16G Toshack | | |
| March | Thursday | 26 | 7pm to 9pm | Fricker | 2 | U16G Toshack | | |
| April | Wednesday | 01 | 6pm to 8pm | Odyssee | 2 | U16G Toshack | | |
| April | Thursday | 02 | 7pm to 9pm | Fricker | 2 | U16G Toshack | | |
| April | Sunday | 05 | 10am to 1pm | Nipissing | B2 | U16G Toshack | Strength & Conditioning BEFORE practice | |
| April | Wednesday | 08 | 6pm to 8pm | Odyssee | 2 | U16G Toshack | | |
| April | Thursday | 09 | 7pm to 9pm | Fricker | 2 | U16G Toshack | | |
| April | Wednesday | 15 | 6pm to 8pm | Odyssee | 2 | U16G Toshack | | |
| April | Thursday | 16 | 7pm to 9pm | Fricker | 2 | U16G Toshack | | Provincials Apr 19-21 |