Dalhousie Athletic Trainers Program- Team Selection Guide

This document is designed to assist new applicants to the Dalhousie Athletic Trainers Program (DATP) in ranking their team preferences based on their availability. All information is based on teams' reported averages from the 2025-2026 season and serves as a example and may be subject to change.

There are 13 varsity and club teams at Dalhousie University that are supported by DATP trainer teams. Each team has different scheduling demands and time commitments. This guide provides an overview of each team to help applicants make informed choices.

Teams are categorized by season either being a fall or winter sport—based on their schedules.

Fall Sports Teams

- Men's Rugby
- Men's Soccer
- Men's Lacrosse
- Women's Rugby
- Women's Soccer
- Men's Cross Country*
- Women's Cross Country*

Fall sports typically begin in August, and trainers assigned to these teams are expected to be available at that time. There is also a mandatory education session held in August for all fall sport student trainers. Completion of this session, along with First Aid, CPR, and Safe Sport certifications, is required before providing sideline care.

Winter Sports Teams

- Men's Volleyball
- Women's Volleyball
- Men's Basketball
- Women's Basketball
- Men's Swimming
- Women's Swimming

Created by: Jadyn Danells Oct 2025
Reviewed by: Rhonda Reardon Nov 2025

- Men's Hockey
- Women's Hockey
- Men's Track and Field*
- Women's Track and Field*

Winter sports generally begin in September and run through March. Trainers assigned to winter teams must attend a mandatory education session in September, though they are also welcome to attend the August session if they prefer.

*Track & Field and Cross-Country share 1 set of trainers

Trainer Commitment Expectations

Time commitments within the DATP vary depending on your role.

- Head Trainers are expected to attend all practices and games for their assigned team.
- Assistant Trainers are required to attend all home games and most practices. While assistant trainers may occasionally be asked to travel with their teams, travel is not guaranteed and depends on team needs and logistics.
- Each trainer team is generally made up of 1-2 Head Trainers and 2 Assistant Trainers.
- Reading weeks and Holiday breaks there must be trainer coverage at practices and games. It is the responsibility of the trainer team to re-organize and find coverage if needed.

How to Apply:

After reviewing this document, you can apply to the program by scanning the QR code below or by contacting us at Dalat@dal.ca.

Created by: Jadyn Danells Oct 2025
Reviewed by: Rhonda Reardon Nov 2025

Men's Rugby

Pre-Season Training:

Last two weeks of August, with up to 2 practices per day (not mandatory)

Practice Schedule:

- Tuesday: 9 - 11 pm
- Wednesday: 5:30 - 7:30 pm
- Thursday: 7 - 9 pm
- Friday: 9 - 11 pm

Locations (Depends on the day):

- Wickwire
- Gorsebrook Park
- The Commons
- Graves Oakley

Weekend Games

September 5th - November 14th (With one by-weekend)

- Typically, there are 2 games on Saturdays (DIV 1 and DIV 2), usually 1 and 3pm, and 1 game on Sunday (Development), usually at 12 pm
- Game days and times vary a lot

Travel Required

- Antigonish, Fredericton, Wolfville, Charlottetown, Sackville

Average Monthly Commitment: 50 - 100 hours/month

Created by: Jadyn Danells Oct 2025
Reviewed by: Rhonda Reardon Nov 2025

Men's soccer

Practice schedule

Tuesday to Thursday: 4:00 PM - 5:30 PM or 4:30PM - 6:00PM

Location: Wickwire field

Game schedule:

Friday and Saturday games

12 games total

-6 home games

-6 travel games

Home games approximate time 7:30PM

Travel games approximate 3:30PM or 7:30PM (depends on location)

Locations: UPEI, UNB, Moncton, CBU, Acadia, st.F.X, memorial, Mt. Alison, saint Mary's university.

Average monthly time commitment: 50-100 hours

Created by: Jadyn Danells Oct 2025
Reviewed by: Rhonda Reardon Nov 2025

Men's Lacrosse

Practice schedule

-Monday: 9:00pm-11:00pm

-Wednesday: 7:00pm-9:00pm

-Every other Friday: 7:00pm-9:00pm

Location: Wickwire Field

Game Schedule (Not in AUS, all in MUFLL)

5 home games (Wickwire)

Saturdays or Sundays; start times vary, but time required is ~ 4 hours

Travel*:

5 away games, plus championship weekend (first weekend of November)

Saturdays or Sundays; start times vary

Locations: Fredericton, Charlottetown, Sackville NB, Antigonish.

***Note:** assistant trainers are welcome and encouraged to travel with the team, but it is not necessary

Average Monthly time commitment: 30-90 hours

Created by: Jadyn Danells Oct 2025
Reviewed by: Rhonda Reardon Nov 2025

Women's Rugby

Practice schedule:

Tuesday: 5:30 – 7 pm

Wednesday: 7-9 pm

Friday: 7-8 am

*Will either be 2 mornings and an evening practice or 2 evening and a morning practice.

* Must be there at least 30 minutes before for taping.

Season runs from August to early November

Location: Wednesday and Friday at Wickwire, Tuesday at Gorsebrook Park.

Game Schedule: Weekday and weekend games.

-Weekday- evening around 5pm

-Weekend- Late morning to early evening

Travel Required: Away games at Acadia, St. FX, or around HRM.

Average Monthly Time Commitment: 60-80 hrs.

Created by: Jadyn Danells Oct 2025
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Women's Soccer

Practice Commitment:

Location: Wickwire and Studley Gym

5 days of the week minimum

- The practice schedule is dependent on the AUS game schedule
- This year's layout was:
    - Tuesday - Thursday practice from **4:30PM - 7:00PM**

Game Schedule

6 home games

Usually held on Friday, Saturday, and/or Sundays

Approximate time spent for games: 4 hours on average (start times vary depending on game time)

Travel required

5 away games

Locations: Mount Allison, UNB, Cape Breton, Moncton

For away games you will sometimes be gone for 1-2 days at a time.

Average Monthly Time Commitment:

Assistant Trainers: 24-30 hours

Head Trainers: 70-90 hours

Average Season Length: August - November

- The team also practices once a week indoors at Studley during the winter; trainers are encouraged to be there.

PLEASE NOTE: Head trainers are expected at pre-season training which usually starts August 11th and lasts two weeks leading up to the start of pre-season!

- This includes practice 5 days a week and 4 pre-season games on average

*In past years, the trend for the women's team is that we only take one head trainer for away games (assistants wouldn't be able to travel).

Created by: Jadyn Danells Oct 2025
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Cross Country (XC)

Practice schedule

-Tuesday: 5:30 – 7:30 pm

-Thursday: 5:30 – 7:30 pm

-Saturday: 10-12 am

*Also has TF sprinters practicing at the same time

Location: Point Pleasant Park – Need a car

Meet Schedule: 4 meets. On the weekends throughout September and October

Leave early (8am) and get back later (9pm)

Travel Required: Away meets at Acadia, St. FX, Fredericton

Average Monthly Time Commitment: 40-60

Track and Field (TF)

Fall Schedule:

-Monday: 5:30 – 7:30 pm

-Wednesday: 5:30 – 7:30 pm

-Saturday: 7:30-9:30 am

* Also has XC practicing at the same time

Location: Point Pleasant Park, South St. Hill, Gorsebrook, Track in Dalplex Fieldhouse

Meet Schedule: N/A

Travel Required: N/A

Average Monthly Time Commitment: 40-60

Created by: Jadyn Danells Oct 2025
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TF In Season:

-Monday: 5:30 – 7:30 pm

-Tuesday: 5:30 – 7:30 pm

-Wednesday: 5:30 – 7:30 pm

-Thursday: 5:30 – 7:30 pm

-Saturday: 10-12 am or 7:30-9:30 am

Location: Track and Canada Games Center

Meet Schedule: 5-6 + AUS and USports

Travel Required: Away meets at Acadia, St. FX, Fredericton, Moncton, CGC + Usports

Average Monthly Time Commitment: 70-100 hrs

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Men's Volleyball

Practice Schedule

Monday to Friday: 3:30 PM – 8:00 PM

Saturday Practices: Approximately 10:30 AM – 2:00 PM

Location:

- M,W,Th,F,Sat Dalplex Fieldhouse
- Tuesdays at Sexton Gym

Game Schedule (Non-AUS)

Locations: Sherbrooke, Laval, Fredericton, and Montreal

All games are doubleheaders

Travel required

8 home games (also doubleheaders)

Held on Friday evenings and Saturday mornings

Approximate time: 3:00 PM – 10:00 PM or 10:00 AM – 6:00 PM

Average Monthly Time Commitment: 50-100 hours

Created by: Jadyn Danells Oct 2025
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Women's Volleyball

Practice Schedule:

-2 Morning Practices/week

- Mondays: Approx 6:30 am -9:00am

- Wednesdays: 6:00 am -8:00 am

-3 Evening Practices/week

- Tuesday, Thursday, Friday: 4:45 pm -8:00 pm

All Practices are in Dalplex Fieldhouse, occasionally in Studley Gym

Team practices begin in early September

Game Schedule

- 20 regular season games: 10 home games, 10 away games

- AUS season starts end of October and ends Mid/late March

- 2 games per weekend- one Friday, one Saturday

- Timing varies, but usually 4-6 hours for games

Locations: Acadia, UNB Fredericton, Memorial University of Newfoundland, Saint Mary's University, University of Moncton

- Typically, there is a tournament out of province in late December/early January for which a trainer must travel

Average Monthly Time Commitment: 50-100 hours

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Men's Basketball

Practices:

- Monday (5:00pm-7:30pm)
- Tuesday (6:00am - 8:30am)
- Wednesday (5:00pm - 7:30pm)
- Thursday (6:00am - 8:30am)
- Friday (5:00 - 7:30pm)

Location: Dalplex FieldHouse

Games

Preseason: 11 (home and away)

Season: 20 (home and away)

Times/dates:

- Wednesday (6pm - 10:30pm)
- Friday (6pm - 10:30pm)
- Saturday (6pm - 10:30pm)

Must be available to travel

Travel required (with team on the bus):

- Acadia
- STFX
- UPEI
- Cape Breton
- UNB

Average monthly time: 40-80 hours

Created by: Jadyn Danells Oct 2025
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Women's Basketball

Practice schedule:

In season - Monday 4:30-7

Tuesday/Thursday 4-7

Wednesday is 6:15am-8 (non-game days)

Off season - practice 4-7 every day

Reading weeks & Christmas - practices are 2-3 hours midday

GAMES:

Pre-season

- UNB exhibition (September overnight)
- Training camp if available (last week of august)
- Savoy/Shoveller tournament (3 days, 5-7hours/day)

In season

Wednesdays and Saturdays - 4-8pm

Some Friday games 4-8pm

TRAVEL

depends on AUS schedule (some months all home games, others are away games every weekend)

- X, Acadia, SMU, UNB, PEI, CBU
- 3 ish overnights in season

Average time commitment:

40-60 hours for assistant trainers

60-100 hours for head trainers

Created by: Jadyn Danells Oct 2025
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Swim

Practice Schedule:

-Monday, Wednesday, Friday: 6:00 AM - 8:00 AM and 3:30 PM – 5:30 PM

-Tuesday, Thursday: 7:30 AM - 9:30 AM and 3:30 PM – 5:30 PM

-Saturday: 8:00 AM - 10:00 AM

Location:
Dalplex Pool

Meet Schedule:
5 swim meets

- On Saturdays if one-day, start time in the morning.

- On Saturday & Sunday if two-day, start time in the afternoon.

- On Friday, Saturday & Sunday if three-day, start time in the afternoon.

Travel required:
Locations: Sackville NB, Saint John NB, St. John's NL

All 3 trainers required for home meets at Dal, other meets depend on how many swimmers are going.

Average Monthly Time Commitment: 40-60 hours

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Men's Hockey

Practices Schedule:

- **Monday-Friday:** 7:30-10AM – Oulton Stanish Center (will hopefully be at Oulton-Stanish Center by next year)

Games Schedule:

Wednesday nights, Friday nights and Saturdays.

- Home (OS Center): Approximate time: 5:30-10PM
- Travel: UNB, UdeM, PEI, STFX, SMU, Acadia
- Opportunities for travel are high for assistant trainers

Average monthly hours: 60-120 hours (based on head trainer 2024-25)

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Reviewed by: Rhonda Reardon Nov 2025

Women's Hockey

Practice Schedule

Monday - Friday: 4:00 PM – 6:00

Location: Halifax Forum (will hopefully be at Oulton-Stanish Center by next year)

Game Schedule (AUS)

28 games (14 home/14 away)

- Plus 3-4 games in pre-season and typically 1 game end of Dec or beginning of Jan
- Season runs from September-March
- Playoffs start around winter reading week

Games are typically on Friday and Saturday evenings (with the occasional Wednesday night game)

Games mainly 7pm (sometimes 3pm)

Approximate time at rink: 5:00 PM – 10:00 PM (5 hours)

Travel required

Locations: Fredericton, Charlottetown, Moncton, Sackville NB, Antigonish, Halifax

- typically 3-4 overnight trips where they play Friday/Saturday, rest are day trips

Average Monthly Time Commitment: 50-100 hours

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