



RawTec Maulers Travel Itinerary

Bus and Hotel Info

Destination:	Saskatoon-Beardy's	Overnight:	Yes – 1 Night	Hotel	Holiday Inn Express
Departure Date:	11/11/18	Return Date:	11/12/18	Phone	306.922.6988
Departure Pickup:	7:30 AM	Approx Return Time:	8:00 PM		
Departure Location:	Gallagher Center				

Players and Staff Travelling

Travelling = 24

Coach Kevin Cell = 306.316.0888

****PLAYERS BRING SNACKS, YOUR BOTTLE FULL OF WATER/SUSTAIN AND MAKE SURE YOU HAD A HUGE BREAKFAST****

Schedule

Sunday November 11, 2018

7:30am	Pack and Load Bus
8:00am	Leave Yorkton
10:30am	Pre-Game on Bus (Parkland Catering – French Toast, Eggs, Sausage, Hash browns) 1 GLUTEN FREE
12:45pm	Arrive at Beardy's - Unload Bus, Player Time
1:00pm	Game Prep Meeting
1:10-1:58pm	Off Ice Warm-up, Mental and Physical Prep, Dressed
2:00-2:14pm	On Ice Warm-up
2:15-2:28pm	Final Mental, Physical Prep and Team Prep
2:30-4:15pm	Game #1
4:15-5:00pm	Rest and Nutrition
5:00-5:28pm	Off Ice Warm-up, Mental and Physical Prep, Dressed
5:30-5:44pm	On Ice Warm-up
5:45-5:58pm	Final Mental, Physical Prep and Team Prep
6:00-8:30pm	Game #2
8:40-9:30pm	Cool down, shower, post-game meal provided by Beardy's 1 GLUTEN FREE REQUIRED
9:30pm	Leave for Prince Albert
10:30pm	Check-in at Hotel (Snacks-Protein and Carbs) 1 GLUTEN FREE REQUIRED
11:00pm	In Rooms
11:30am	Lights Out

Monday November 12, 2018

8:15am	Wake Up
8:30am	Team Walk, Leave for Restaurant
9:00am	Pre Game at Ricki's (Pancakes, Eggs, Bacon, Sausage, Hash browns) 1 GLUTEN FREE
10:00am	Arrive back at hotel, pack equipment on bus
10:50am	Load Bus, Leave Hotel for Art Hauser Center
11:00am	Arrive at Art Hauser Center - Unload Bus, Player Time
11:30am	Game Prep Meeting
11:40-12:28pm	Off Ice Warm-up, Mental and Physical Prep, Dressed
12:30-12:44pm	On Ice Warm-up
12:45-12:58pm	Final Mental, Physical Prep and Team Prep
1:00-3:30pm	Game
3:30-3:40pm	Lobby time
3:40-4:00pm	Cool Down, Shower, Pack Bus
4:00pm	Leave for Yorkton, Post-game on bus (Ricki's Personal Pizzas)
8:00pm	Arrive Yorkton, Unpack
8:30pm	Leave Rink

“Dedicated to the educational success, mental growth and hockey development of young men with results measured by the preparedness these young men have for life when leaving our program”