

# OCTOBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1	2	3	4	5	
			Practice 19:15 Russ Barnes RBA 20:15 Total Ice Time 1:00	Practice 20:30 Castledowns A CDA 22:00 Total Ice Time 1:30	Away Game 18:15 Russ Barnes RBA 20:15 League Game Vs MLAC Traxx		
6	7 Skills Session Practice 17:15 Russ Barnes RBA 18:15 Total Ice Time 1:00 Competative Thread-Power skating Goaltending Coach	8	9 Away Game 20:00 Terwillegar D TCD VS SSAC Tommy Guns	10 Practice 18:15 Russ Barnes RBA 19:45 Total Ice Time 1:30	11	12 Skills Session Practice 7:30 NAIT Arena NAI 8:30 Total Ice Time 1:00 Power Edge Pro NOTE AM	
13 Home Game 20:15 Millwoods B MWB 22:15 VS St Albert saints	14 Practice 21:30 Russ Barnes RBA 22:30 Total Ice Time 1:00	15	16	17 Practice 18:15 19:45 Total Ice Time 1:30	18 Away Game 19:45 Callingwood A (Vern Davis) CWA 21:45 Vs CAC Red Arrow	19	
20 Home Game 20:15 Millwoods B MWB 22:15 VS Beaumont Braves	21 Skills Session Practice 17:15 Russ Barnes RBA 18:15 Total Ice Time 1:00 Competative Thread-Power Skating Goaltending Coach	22	23 Practice/Spin Practice 19:15 Russ Barnes RBA 20:15 Total Ice Time 1:00 MLAC SPIN 20:30-21:30	24 Practice 20:30 Castledowns A CDA 22:00 Total Ice Time 1:30	25 Home Game 20:15 Kenilworth KEA 22:15 Vs PAC White	26	
27 Away Game 13:30 VS Lakeland Panthers 15:30 CVS Arena	28 Practice/Spin Practice 17:15 Russ Barnes RBA 18:15 Total Ice Time 1:00 MLAC SPIN 18:30-19:30	29	30 Practice/Spin Practice 19:15 Russ Barnes RBA 20:15 Total Ice Time 1:00 MLAC SPIN 20:30-21:30	31			
		NOTES				Month Practice Ice Total	14:00
		TEAM REP SIGNATURE:				Print	SEND EMAIL
						CREATE PDF	