

OCTOBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1 Practice 19:30 Russ Barnes RBA 20:30 Total Ice Time 1:00	2	3 Game 20:15 22:15 Callingwood A (Vern Davis) CWA Vs CAC Leigh Cement	4	5 Skills Session Practice 7:30 8:30 NAIT Arena NAI Power Edge Pro NOTE AM Total Ice Time 1:00	
6 Game 17:30 19:30 Millwoods A MWA Vs SSAC Innovation Physio Lions	7	8 Practice 19:30 Russ Barnes RBA 20:30 Total Ice Time 1:00	9 Game 20:15 22:15 Sherwood Park Arena SPA Vs Sherwood Park Flyers	10 Practice 20:30 22:00 Castledowns A CDA Goal Coach Total Ice Time 1:30	11 Practice/Spin Practice 17:00 Russ Barnes RBA 18:00 SPIN 6:15-7:15 MLAC Total Ice Time 1:00	12	
13 Game 17:30 19:30 Millwoods A MWA Vs CAC Leigh Cement	14 Skills/Spin Practice 18:30 Russ Barnes RBA 19:30 C.Thread/Power Skating/Goal Coach SPIN MLAC 19:45-20:45 Total Ice Time 1:00	15 Practice 19:30 Russ Barnes RBA 20:30 Total Ice Time 1:00	16	17	18 Practice 17:00 Russ Barnes RBA 18:00 Total Ice Time 1:00	19	
20 Game 17:30 19:30 Millwoods A MWA Vs Ledec Woodbend Oil Kings	21 Skills/Spin Practice 18:30 Russ Barnes RBA 19:30 C.Thread/Power Skating/Goal Coach SPIN MLAC 19:45-20:45 Total Ice Time 1:00	22 6:00PM Fundraiser - Clubhouse Practice 20:45 Russ Barnes RBA 21:45 NOTE TIME CHANGE Total Ice Time 1:00	23	24	25 Practice 17:00 Russ Barnes RBA 18:00 Total Ice Time 1:00	26 Game 16:45 18:45 Vs Calgary Royals Stu Peppard Arena	
27 Game 14:30 16:30 Vs Calgary Northstars NES Arena	28 Practice/Spin Practice 18:30 Russ Barnes RBA 19:30 SPIN 7:45-8:45 MLAC Total Ice Time 1:00	29 Practice 20:45 Russ Barnes RBA 21:45 NOTE TIME CHANGE Total Ice Time 1:00	30 Game 19:45 21:45 Akinsdale AKI Vs St Albert sabres	31			
		NOTES				Month Practice Ice Total	13:30
		TEAM REP SIGNATURE:				 Print	SEND EMAIL 
						 CREATE PDF	