

# OCTOBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<b>1</b> Game 19:00 - 21:00 Akinsdale AKI Vs St Albert	<b>2</b> Practice 18:00 - 19:00 Russ Barnes RBA Total Ice Time 1:00		<b>4</b> Game 20:00 - 22:00 Millwoods A MWA Vs Sh. Park		
<b>6</b> Game 17:15 - 19:15 Glenn Hall Centennial Arena SPC Vs PAC	<b>7</b> Practice 21:30 - 22:30 Russ Barnes RBA Total Ice Time 1:00	<b>8</b> Practice 20:45 - 21:45 Russ Barnes RBA Total Ice Time 1:00	<b>9</b> Practice/Spin Practice 18:00 - 19:00 Russ Barnes RBA SPIN MLAC 19:15-20:15 Total Ice Time 1:00	<b>10</b>	<b>11</b> Skills Session Practice 18:15 - 19:15 Russ Barnes RBA C.Thread/Power Skating/Goal coach Total Ice Time 1:00	<b>12</b> Game 15:30 - 17:30 Vs CBHA Blackhawks CRS Arena	
<b>13</b> Game 11:45 - 13:45 Vs CRAA Gold STU Arena	<b>14</b>	<b>15</b>	<b>16</b> Practice/Spin Practice 18:00 - 19:00 Russ Barnes RBA MLAC SPIN 19:15-20:15 Total Ice Time 1:00	<b>17</b> Practice 20:30 - 22:00 Castledowns A CDA Total Ice Time 1:30	<b>18</b> Skills Session Practice 19:30 - 20:30 Russ Barnes RBA C.Thread/Power Skating/Goal coach Total Ice Time 1:00	<b>19</b>	
<b>20</b>	<b>21</b> Practice 21:30 - 22:30 Russ Barnes RBA Total Ice Time 1:00	<b>22</b>	<b>23</b> Practice/Spin Practice 18:00 - 19:00 Russ Barnes RBA SPIN MLAC 19:15-20:15 Total Ice Time 1:00	<b>24</b>	<b>25</b> Game 20:00 - 21:00 Millwoods A MWA Vs SSAC Unite Cycle Bulldogs	<b>26</b> Skills Session Practice 7:30 - 8:30 Russ Barnes RBA Power Edge Pro Note AM Total Ice Time 1:00	
<b>27</b> Game 16:00 - 18:00 Confederation CFA VS Llyodminster Rohan Bobcats	<b>28</b> Practice 21:30 - 22:30 Russ Barnes RBA Total Ice Time 1:00	<b>29</b>	<b>30</b> Practice/Spin Practice 18:00 - 19:00 Russ Barnes RBA MLAC SPIN 19:15-20:15 Total Ice Time 1:00	<b>31</b>			
		<b>NOTES</b>				Month Practice Ice Total	13:30
		TEAM REP SIGNATURE:				 Print	SEND EMAIL 
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