

OCTOBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1 Practice 17:00 Russ Barnes RBA 18:00 Total Ice Time 1:00	2	3 Practice 18:15 Russ Barnes RBA 19:15 Total Ice Time 1:00	4	5	
6	7 Practice 19:45 Russ Barnes RBA 21:15 Total Ice Time 1:30	8	9 Practice/Spin Practice 19:15 Russ Barnes RBA 20:15 Total Ice Time 1:00 MLAC SPIN 20:30-21:30	10 18:00 20:00 6Pm Team Registration Parent/Team Meeting to follow	11 Game 20:15 Millwoods B MWB 22:15 Vs SSAC AC Delco	12 Game 20:30 Ardrossan East ARE 22:30 Vs Strathcona Warriors	
13	14 Practice 19:45 Russ Barnes RBA 21:15 Total Ice Time 1:30	15 Practice/Spin Practice 17:00 Russ Barnes RBA 18:00 Total Ice Time 1:00 MLAC SPIN 18:15-19:16	16	17	18 Skills Session Practice 18:15 Russ Barnes RBA 19:15 Total Ice Time 1:00 Competative Thread-Power Skating Goaltending Coach	19 Game 17:15 Confederation CFA 19:15 Vs Hockey central Panthers	
20 Skills Session Practice 17:15 NAIT Arena NAI 18:15 Total Ice Time 1:00 Power Edge Pro	21 Game 20:30 Terwillegar B TCB 22:30 Vs SSAC Dolce Vita Homes	22	23	24 Practice 18:15 Russ Barnes RBA 19:15 Total Ice Time 1:00	25 Skills Session Practice 18:15 Russ Barnes RBA 19:15 Total Ice Time 1:00 Competative Thread-Power Skating Goaltending Coach	26 Game 15:15 Vs Red Deer Chiefs 17:15 RDC Arena	
27	28 Practice 19:45 Russ Barnes RBA 21:15 Total Ice Time 1:30	29 Practice 17:00 Russ Barnes RBA 18:00 Total Ice Time 1:00	30 Game 20:00 Millwoods A MWA 22:00 Vs St Albert Royals	31			
		NOTES				Month Practice Ice Total	13:30
		TEAM REP SIGNATURE:				 Print	SEND EMAIL 
						CREATE PDF	