

OCTOBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1 Practice 20:45 Russ Barnes RBA 21:45 Total Ice Time 1:00	2	3 Practice 20:00 Russ Barnes RBA 21:00 Total Ice Time 1:00	4 Game 18:15 Russ Barnes RBA 20:15 Vs Alumni YOU ARE Home Team	5	
6	7 Skills Session Practice 18:30 Russ Barnes RBA 19:30 Total Ice Time 1:00 Competative Thread-Power Skating Goaltending Coach	8 Game 20:30 Go Auto Arena GOA 22:30 Vs St Albert Blues	9	10 Practice 20:00 Russ Barnes RBA 21:00 Total Ice Time 1:00	11 Game 20:15 Sherwood Park Shell SPS 22:15 Vs Sh Park Leafs	12	
13 Game 17:45 Millwoods B MWB 19:45 Vs St Albert Bears	14 Skills/Spin Practice 17:15 Russ Barnes RBA 18:15 Total Ice Time 1:00 C.Thread/Power Skating/Goal coach SPIN MLAC 18:30-19:30	15 Practice 20:45 Russ Barnes RBA 21:45 Total Ice Time 1:00	16	17 Practice 20:00 Russ Barnes RBA 21:00 Total Ice Time 1:00	18 Game 20:15 Kenilworth KEA 22:15 Vs SSAC BBQ Country	19 Skills Session Practice 7:15 NAIT Arena NAI 8:15 Total Ice Time 1:00 Power Edge pro NOTE AM	
20	21 Practice/Spin Practice 19:45 Russ Barnes RBA 20:45 Total Ice Time 1:00 MLAC SPIN 21:00-22:00	22	23	24 TOURNAMENT	25 TOURNAMENT	26 TOURNAMENT	
27 TOURNAMENT	28 TOURNAMENT	29	30 Game 20:15 Go Auto Arena GOA 22:15 Vs St Albert saints	31			
		NOTES				Month Practice Ice Total	9:00
		TEAM REP SIGNATURE:				 Print	SEND EMAIL 
						CREATE PDF	