



PHL Showcase Weekend 2

November 25 - 27, 2022

ITINERARY

HOTEL

Best Western
4815 52 Street
Cold Lake, AB T9M 1P1, Canada
780-594-4888

RINK

Cold Lake Energy Centre
5513-48 Avenue
Cold Lake, Alberta
T9M-1A1
780-639-6400

- **New Arena**
- **Imperial Oil Place Arena**

THURSDAY, NOVEMBER 24

9:00 AM	Breakfast	
10:00 AM	Depart Hotel	
10:30 AM	Players Arrive	Cold Lake Energy Centre - New Arena
11:00 AM	Pre-Tournament Practice	Cold Lake Energy Centre - New Arena
1:15 PM	Break for Lunch	
2:30 PM	Classroom	Hotel
5:00 PM	Thanksgiving Dinner	Hotel
10:00 PM	TEAM Curfew	

FRIDAY, NOVEMBER 25

9:00 AM	Breakfast	
10:00 AM	Depart Hotel	Hotel
10:30 AM	Players Arrive	Cold Lake Energy Centre - Imperial Oil Place Arena
11:00 AM	Pre-Tournament Practice	Cold Lake Energy Centre - Imperial Oil Place Arena
1:15 PM	Break for Big-Snack	
1:50 PM	Classroom	
3:00 PM	TEAM Pre-Game Meal	Hotel Resturant
4:30 PM	Players Arrive	Cold Lake Energy Centre - Imperial Oil Place Arena
6:00 PM	GAME: PHANTOMS @ NA	Cold Lake Energy Centre - Imperial Oil Place Arena
10:00 PM	TEAM Curfew	

SATURDAY, NOVEMBER 26

8:00 AM	Breakfast	
9:30 AM	Players Arrive	Cold Lake North Arena
11:00 AM	GAME: NA @ RUSTLERS	Cold Lake North Arena
1:10 PM	Lunch	
1:45 PM	Freetime	No pool, no strenuous activities
3:15 PM	Downtime	Players should be in rooms
4:30 PM	Pre-Game Meal	Hotel Resturant
5:30 PM	Players Arrive	Cold Lake Energy Centre - Imperial Oil Place Arena
7:00 PM	GAME: METHOD @ NA	Cold Lake Energy Centre - Imperial Oil Place Arena
10:00 PM	TEAM Curfew	Players should be in rooms

SUNDAY, NOVEMBER 27

6:00 AM	Breakfast	
6:30 AM	Players Arrive	Cold Lake Energy Centre - Imperial Oil Place Arena
8:00 AM	GAME: WRANGLERS @ NA	Cold Lake Energy Centre - Imperial Oil Place Arena

NOTES:

Curfew: Please adhere to all team curfews. They are established to give you the needed sleep rest/ratio to perform at your best for the weekend agenda.

Downtime: No physical activities such as swimming, hot tubbing, etc. All Players **MUST** be in their own rooms; no wrestling, horseplay, etc. Please ensure players are rested, fueled, and hydrated during this time.

TEAM Snack/Lunch: These meals are **MANDATORY** team meals; all parents are responsible for food costs; payment links can be found [HERE](#).