

2008 OHF/OHL Under-16 Program of Excellence

April 25-27, 2008 - Kitchener, Ontario

TEAM SCHEDULES - IF THE OHL WESTERN CONFERENCE CHAMPIONSHIP IS OVER IN FIVE GAMES

BRUINS	
Time	Friday, April 25
10:30-11:00 a.m.	Goaltender Registration
11:00-12:00 p.m.	Goaltender Only Practice
12:30-1:30 p.m.	Player Registration
1:30-1:45 p.m.	Player/Parents/Staff Meeting
2:30-3:30 p.m.	Off Ice Fitness Testing
3:40-4:40 p.m.	Nutrition/Drug & Alcohol Awareness Seminar
5:30-6:50 p.m.	Practice - Kitchener Auditorium
7:30-8:00 p.m.	Team Meal
8:30 p.m.	Bus to University of Waterloo
11:00 p.m.	Curfew - Lights Out - All Players
Notes	
*Parent / Player / Staff Meeting takes place in the EAST LOUNGE	
*Lunch and dinner will take place in the Concourse Lounge.	
*Seminar will take place in the SUBSCRIBERS LOUNGE	
*Fitness Testing will take place on KINSEMEN	
Time	Saturday, April 26
6:00-7:00 a.m.	Breakfast
7:15 a.m.	Bus to Kitchener Auditorium
8:00-9:00 a.m.	Off Ice Training
9:00-10:00 a.m.	Sport Psychology Seminar
10:15-11:00 a.m.	Practice - Kitchener Auditorium
11:30-12:15 p.m.	Lunch
1:30-2:30 p.m.	OHL-Hockey Canada Panel
2:40 p.m.	Bus to University of Waterloo
3:00-4:15 p.m.	Rest Period
4:20 p.m.	Depart to Rink
5:30 p.m.	Pre Game Meal
7:30-9:00 p.m.	BLUES VS. BRUINS
9:00 p.m.	Bus to Residence
Notes:	
*Breakfast will take place at the residence.	
*Lunch and dinner will take place in the Concourse Lounge.	
*Sports Psychology will take place in the TEACHING THEATRE	
*Off Ice Training Seminar will take place in SUBSCRIBERS LOUNGE	
Time	Sunday, April 27
7:00-8:00 a.m.	Breakfast
8:15 a.m.	Bus to Kitchener Auditorium
9:30-11:00 a.m.	HURRICANES VS. BRUINS
11:30-12:00 p.m.	Lunch
12:00-1:00 p.m.	Player Feedback
1:30-3:00 p.m.	BRUINS VS. BLACKHAWKS
	Depart After Final Game
Notes:	
*Breakfast will take place at the residence.	
*Lunch will take place in the Concourse Lounge.	
*Player Feedback location is to be determined.	

BLUES	
Time	Friday, April 25
10:30-11:00 a.m.	Goaltender Registration
11:00-12:00 p.m.	Goaltender Only Practice
12:30-1:30 p.m.	Player Registration
1:30-1:45 p.m.	Player/Parents/Staff Meeting
2:30-3:30 p.m.	Off Ice Fitness Testing
3:40-4:40 p.m.	Nutrition/Drug & Alcohol Awareness Seminar
4:55 p.m.	Bus to Sportsworld
5:30-6:50 p.m.	Practice - Sportsworld
7:00 p.m.	Bus to Kitchener Auditorium
7:30-8:00 p.m.	Team Meal
8:30 p.m.	Bus to University of Waterloo
11:00 p.m.	Curfew - Lights Out - All Players
Notes	
*Parent / Player / Staff Meeting takes place in the EAST LOUNGE	
*Lunch and dinner will take place in the Concourse Lounge.	
*Seminar will take place in the SUBSCRIBERS LOUNGE	
*Fitness Testing will take place on KINSEMEN	
Time	Saturday, April 26
6:00-7:00 a.m.	Breakfast
7:15 a.m.	Bus to Kitchener Auditorium
8:00-9:00 a.m.	Off Ice Training
9:00-10:00 a.m.	Sport Psychology Seminar
11:10-11:55 a.m.	Practice - Kitchener Auditorium
12:15-1:00 p.m.	Lunch
1:30-2:30 p.m.	OHL-Hockey Canada Panel
2:40 p.m.	Bus to University of Waterloo
3:00-4:15 p.m.	Rest Period
4:20 p.m.	Depart to Rink
5:30 p.m.	Pre Game Meal
7:30-9:00 p.m.	BLUES VS. BRUINS
9:00 p.m.	Bus to Residence
Notes:	
*Breakfast will take place at the residence.	
*Lunch and dinner will take place in the Concourse Lounge.	
*Sports Psychology will take place in the TEACHING THEATRE	
*Off Ice Training Seminar will take place in SUBSCRIBERS LOUNGE	
Time	Sunday, April 27
8:00-9:00 a.m.	Breakfast
9:15 a.m.	Bus to Kitchener Auditorium
11:00-12:30 p.m.	DEVILS VS. BLUES
12:45-1:15 p.m.	Lunch
1:20-2:20 p.m.	Player Feedback
3:00-4:30 p.m.	STARS VS. BLUES
	Depart After Final Game
Notes:	
*Breakfast will take place at the residence.	
*Lunch will take place in the Concourse Lounge.	
*Player Feedback location is to be determined.	

BLACKHAWKS	
Time	Friday, April 25
10:30-11:00 a.m.	Goaltender Registration
11:00-12:00 p.m.	Goaltender Only Practice
12:30-1:30 p.m.	Player Registration
1:30-1:45 p.m.	Player/Parents/Staff Meeting
2:15-3:15 p.m.	Nutrition/Drug & Alcohol Awareness Seminar
4:00-5:20 p.m.	Practice - Kitchener Auditorium
6:15-7:15 p.m.	Off Ice Fitness Testing
7:30-8:00 p.m.	Team Meal
8:30 p.m.	Bus to University of Waterloo
11:00 p.m.	Curfew - Lights Out - All Players
Notes	
*Parent / Player / Staff Meeting takes place in the EAST LOUNGE	
*Lunch and dinner will take place in the Concourse Lounge.	
*Seminar will take place in the SUBSCRIBERS LOUNGE	
*Fitness Testing will take place on KINSEMEN	
Time	Saturday, April 26
6:00-7:00 p.m.	Breakfast
7:15 p.m.	Bus to Kitchener Auditorium
8:00-9:00 p.m.	Sport Psychology Seminar
9:20-10:05 p.m.	Practice - Kitchener Auditorium
10:20-11:20 p.m.	Off Ice Training
11:30-12:15 p.m.	Lunch
1:30-2:30 p.m.	OHL-Hockey Canada Panel
2:40 p.m.	Bus to University of Waterloo
3:00-4:15 p.m.	Rest Period
4:20 p.m.	Depart to Rink
6:00-7:30 p.m.	DEVILS VS. BLACKHAWKS
8:00 p.m.	Post Game Meal
9:00 p.m.	Bus to Residence
Notes:	
*Breakfast will take place at the residence.	
*Lunch and dinner will take place in the Concourse Lounge.	
*Sports Psychology will take place in the TEACHING THEATRE	
*Off Ice Training Seminar will take place in SUBSCRIBERS LOUNGE	
Time	Sunday, April 27
6:00-7:00 a.m.	Breakfast
7:15 a.m.	Bus to Kitchener Auditorium
8:00-9:30 a.m.	BLACKHAWKS VS STARS
10:00-11:00 a.m.	Player Feedback
11:00-11:30 p.m.	Lunch
1:30-3:00 p.m.	BRUINS VS. BLACKHAWKS
	Depart After Final Game
Notes:	
*Breakfast will take place at the residence.	
*Lunch will take place in the Concourse Lounge.	
*Player Feedback location is to be determined.	

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DEVILS	
Time	Friday, April 25
10:30-11:00 a.m.	Goaltender Registration
11:00-12:00 p.m.	Goaltender Only Practice
12:30-1:30 p.m.	Player Registration
1:30-1:45 p.m.	Player/Parents/Staff Meeting
2:15-3:15 p.m.	Nutrition/Drug & Alcohol Awareness Seminar
3:20 p.m.	Bus to Sportsworld
4:00-5:20 p.m.	Practice - Sportsworld
5:40 p.m.	Bus to Kitchener Auditorium
6:15-7:15 p.m.	Off Ice Fitness Testing
7:30-8:00 p.m.	Team Meal
8:30 p.m.	Bus to University of Waterloo
11:00 p.m.	Curfew - Lights Out - All Players
Notes	
*Parent / Player / Staff Meeting takes place in the EAST LOUNGE	
*Lunch and dinner will take place in the Concourse Lounge.	
*Seminar will take place in the SUBSCRIBERS LOUNGE	
*Fitness Testing will take place on KINSEMEN	
Time	Saturday, April 26
6:00-7:00 p.m.	Breakfast
7:15 a.m.	Bus to Kitchener Auditorium
8:00-9:00 p.m.	Sport Psychology Seminar
10:20-11:20 p.m.	Off Ice Training
12:05-12:50 p.m.	Practice - Kitchener Auditorium
1:00-1:30 p.m.	Lunch
1:30-2:30 p.m.	OHL-Hockey Canada Panel
2:40 p.m.	Bus to University of Waterloo
3:00-4:15 p.m.	Rest Period
4:20 p.m.	Depart to Rink
6:00-7:30 p.m.	DEVILS VS. BLACKHAWKS
8:00 p.m.	Post Game Meal
9:00 p.m.	Bus to Residence
Notes:	
*Breakfast will take place at the residence.	
*Lunch and dinner will take place in the Concourse Lounge.	
*Sports Psychology will take place in the TEACHING THEATRE	
*Off Ice Training Seminar will take place in SUBSCRIBERS LOUNGE	
Time	Sunday, April 27
8:00-9:00 a.m.	Breakfast
9:15 a.m.	Bus to Kitchener Auditorium
11:00-12:30 p.m.	DEVILS VS. BLUES
12:45-1:15 p.m.	Lunch
1:30-2:30 p.m.	Player Feedback
4:30-6:00 p.m.	DEVILS VS. HURRICANES
	Depart After Final Game
Notes:	
*Breakfast will take place at the residence.	
*Lunch will take place in the Concourse Lounge.	
*Player Feedback location is to be determined.	

HURRICANES	
Time	Friday, April 25
10:30-11:00 a.m.	Goaltender Registration
11:00-12:00 p.m.	Goaltender Only Practice
12:30-1:30 p.m.	Player Registration
1:30-1:45 p.m.	Player/Parents/Staff Meeting
2:30-3:50 p.m.	Practice - Kitchener Auditorium
4:35-5:35 p.m.	Off Ice Fitness Testing
5:45-6:45 p.m.	Nutrition/Drug & Alcohol Awareness Seminar
6:45-7:15 p.m.	Team Meal
8:30 p.m.	Bus to University of Waterloo
11:00 p.m.	Curfew - Lights Out - All Players
Notes	
*Parent / Player / Staff Meeting takes place in the EAST LOUNGE	
*Lunch and dinner will take place in the Concourse Lounge.	
*Seminar will take place in the SUBSCRIBERS LOUNGE	
*Fitness Testing will take place on KINSEMEN	
Time	Saturday, April 26
6:00-7:00 a.m.	Breakfast
7:00 a.m.	Bus to Kitchener Auditorium
7:30-8:15 a.m.	Practice - Kitchener Auditorium
9:20-10:20 a.m.	Off Ice Training
10:20-11:20 a.m.	Sport Psychology Seminar
11:20-11:40 a.m.	Lunch
11:45 a.m.	Bus to University of Waterloo
12:00-1:00 p.m.	Rest Period
1:05 p.m.	Return to Rink
1:30-2:30 p.m.	OHL-Hockey Canada Panel
4:30-6:00 p.m.	HURRICANES VS. STARS
6:15 p.m.	Post Game Meal
7:30-9:00 p.m.	Watch BLUES vs. BRUINS
9:00 p.m.	Bus to Residence
Notes:	
*Breakfast will take place at the residence.	
*Lunch and dinner will take place in the Concourse Lounge.	
*Sports Psychology will take place in the TEACHING THEATRE	
*Off Ice Training Seminar will take place in SUBSCRIBERS LOUNGE	
Time	Sunday, April 27
7:00-8:00 a.m.	Breakfast
8:15 a.m.	Bus to Kitchener Auditorium
9:30-11:00 a.m.	HURRICANES VS. BRUINS
11:30-12:00 p.m.	Lunch
1:00-2:00 p.m.	Player Feedback
4:30-6:00 p.m.	DEVILS VS. HURRICANES
6:00 p.m.	Depart
Notes:	
*Breakfast will take place at the residence.	
*Lunch will take place in the Concourse Lounge.	
*Player Feedback location is to be determined.	

STARS	
Time	Friday, April 25
10:30-11:00 a.m.	Goaltender Registration
11:00-12:00 p.m.	Goaltender Only Practice
12:30-1:30 p.m.	Player Registration
1:30-1:45 p.m.	Player/Parents/Staff Meeting
2:00 p.m.	Bus to Sportsworld
2:30-3:50 p.m.	Practice - Sportsworld
4:00 p.m.	Bus to Kitchener Auditorium
4:35-5:35 p.m.	Off Ice Fitness Testing
5:45-6:45 p.m.	Nutrition/Drug & Alcohol Awareness Seminar
6:45-7:15 p.m.	Team Meal
8:30 p.m.	Bus to University of Waterloo
11:00 p.m.	Curfew - Lights Out - All Players
Notes	
*Parent / Player / Staff Meeting takes place in the EAST LOUNGE	
*Lunch and dinner will take place in the Concourse Lounge.	
*Seminar will take place in the SUBSCRIBERS LOUNGE	
*Fitness Testing will take place on KINSEMEN	
Time	Saturday, April 26
6:00-7:00 a.m.	Breakfast
7:00 a.m.	Bus to Kitchener Auditorium
8:25-9:10 a.m.	Practice - Kitchener Auditorium
9:20-10:20 a.m.	Off Ice Training
10:20-11:20 a.m.	Sport Psychology Seminar
11:20-11:40 a.m.	Lunch
11:45 a.m.	Bus to University of Waterloo
12:00-1:00 p.m.	Rest Period
1:05 p.m.	Return to Rink
1:30-2:30 p.m.	OHL-Hockey Canada Panel
4:30-6:00 p.m.	HURRICANES VS. STARS
6:15 p.m.	Post Game Meal
7:30-9:00 p.m.	Watch BLUES vs. BRUINS
9:00 p.m.	Bus to Residence
Notes:	
*Breakfast will take place at the residence.	
*Lunch and dinner will take place in the Concourse Lounge.	
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6:00-7:00 a.m.	Breakfast
7:15 a.m.	Bus to Kitchener Auditorium
8:00-9:30 a.m.	BLACKHAWKS VS STARS
11:00-11:30 p.m.	Lunch
1:00-2:00 p.m.	Player Feedback
3:00-4:30 p.m.	STARS VS. BLUES
6:00 p.m.	Depart
Notes:	
*Breakfast will take place at the residence.	
*Lunch will take place in the Concourse Lounge.	
*Player Feedback location is to be determined.	

**SCHEDULE SUBJECT TO CHANGE BASED ON FACILITY AVAILABILITY