

**2008 OHF/OHL Under-16 Program of Excellence
May 9-11, 2008 - Oshawa, Ontario
TEAM SCHEDULES**

BULLS	
Time	Friday, May 9
10:00-10:30 a.m.	Goaltender Registration
11:00-12:00 p.m.	Goaltender Only Practice
1:30-2:30 p.m.	Player Registration
2:30-2:45 p.m.	Player/Parents/Staff Meeting
3:30-4:45 p.m.	Off Ice Testing
5:00-6:00 p.m.	Nutrition/Drug & Alcohol Awareness Seminar
6:30-7:50 p.m.	Practice - Main Rink
8:00-9:00 p.m.	Team Meal
9:00-9:15 p.m.	Depart to Durham College
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
Notes	
*Parent / Player / Staff Meeting takes place in the EAST LOUNGE	
*All seminars take place in the LEISURE ROOM	
*All meals take place in the RESTAURANT	
*Off Ice is on the WEST LOUNGE	
Time	Saturday, May 10
6:15 a.m.	Depart to GM Centre
6:30-7:30 a.m.	Breakfast
7:50-8:45 a.m.	Sports Psychology Seminar
8:55-9:40 a.m.	Practice - Practice Rink
10:05-11:05 a.m.	Fitness Seminar
11:15-11:45 a.m.	Pre Game Meal
12:00-1:00 p.m.	OHL / Hockey Canada Panel
1:05 p.m.	Depart to Durham College
1:20-3:30 p.m.	Rest
4:30 p.m.	Depart to GM Centre
5:00-6:00 p.m.	Dinner
7:30-9:00 p.m.	COLTS VS. BULLS
9:00 p.m.	Snack at GM Centre
9:30 p.m.	Depart to Durham College
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
Notes:	
*OHL / Hockey Canada Panel takes place in the EAST LOUNGE	
*All seminars take place in the LEISURE ROOM	
*All meals take place in the RESTAURANT	
*Off Ice is on the WEST LOUNGE	
Time	Sunday, May 11
6:15 a.m.	Depart to GM Centre
6:30-7:30 a.m.	Breakfast
9:30-11:00 a.m.	GENERALS VS. BULLS
11:30-12:00 p.m.	Lunch
12:00-1:00 p.m.	Player Feedback
1:30-3:00 p.m.	BULLS VS. ICE DOGS
	Depart After Final Game
Notes:	
*All seminars take place in the LEISURE ROOM	
*All meals take place in the RESTAURANT	

COLTS	
Time	Friday, May 9
10:00-10:30 a.m.	Goaltender Registration
11:00-12:00 p.m.	Goaltender Only Practice
1:30-2:30 p.m.	Player Registration
2:30-2:45 p.m.	Player/Parents/Staff Meeting
3:30-4:50 p.m.	Practice - Practice Rink
5:00-6:15 p.m.	Off Ice Testing
6:30-7:30 p.m.	Nutrition/Drug & Alcohol Awareness Seminar
8:00-9:00 p.m.	Team Meal
9:00-9:15 p.m.	Depart to Durham College
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
Notes	
*Parent / Player / Staff Meeting takes place in the EAST LOUNGE	
*All seminars take place in the LEISURE ROOM	
*All meals take place in the RESTAURANT	
*Off Ice is on the WEST LOUNGE	
Time	Saturday, May 10
6:15 a.m.	Depart to GM Centre
6:30-7:30 a.m.	Breakfast
7:50-8:45 a.m.	Sports Psychology Seminar
8:55-9:40 a.m.	Practice - Main Rink
10:05-11:05 a.m.	Fitness Seminar
11:15-11:45 a.m.	Pre Game Meal
12:00-1:00 p.m.	OHL / Hockey Canada Panel
1:05 p.m.	Depart to Durham College
1:20-3:30 p.m.	Rest
4:30 p.m.	Depart to GM Centre
5:00-6:00 p.m.	Dinner
7:30-9:00 p.m.	COLTS VS. BULLS
9:00 p.m.	Snack at GM Centre
9:30 p.m.	Depart to Durham College
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
Notes:	
*OHL / Hockey Canada Panel takes place in the EAST LOUNGE	
*All seminars take place in the LEISURE ROOM	
*All meals take place in the RESTAURANT	
*Off Ice is on the WEST LOUNGE	
Time	Sunday, May 11
6:15 a.m.	Depart to GM Centre
6:30-7:30 a.m.	Breakfast
11:00-12:30 p.m.	67'S VS. COLTS
12:45-1:15 p.m.	Lunch
1:20-2:20 p.m.	Player Feedback
3:00-4:30 p.m.	BATTALION VS. COLTS
	Depart After Final Game
Notes:	
*All seminars take place in the LEISURE ROOM	
*All meals take place in the RESTAURANT	

ICE DOGS	
Time	Friday, May 9
10:00-10:30 a.m.	Goaltender Registration
11:00-12:00 p.m.	Goaltender Only Practice
1:30-2:30 p.m.	Player Registration
2:30-2:45 p.m.	Player/Parents/Staff Meeting
3:30-4:30 p.m.	Nutrition/Drug & Alcohol Awareness Seminar
5:00-6:20 p.m.	Practice - Main Rink
6:30-7:45 p.m.	Off Ice Testing
8:00-9:00 p.m.	Team Meal
9:00-9:15 p.m.	Depart to Durham College
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
Notes	
*Parent / Player / Staff Meeting takes place in the EAST LOUNGE	
*All seminars take place in the LEISURE ROOM	
*All meals take place in the RESTAURANT	
*Off Ice is on the WEST LOUNGE	
Time	Saturday, May 10
6:15 a.m.	Depart to GM Centre
6:30-7:30 a.m.	Breakfast
7:50-8:45 a.m.	Fitness Seminar
8:55-9:40 a.m.	Sports Psychology Seminar
9:50-10:45 a.m.	Practice - Practice Rink
11:15-11:45 a.m.	Pre Game Meal
12:00-1:00 p.m.	OHL / Hockey Canada Panel
1:05 p.m.	Depart to Durham College
1:20-2:45 p.m.	Rest
3:00 p.m.	Depart to GM Centre
3:30-4:30 p.m.	Dinner
6:00-7:30 p.m.	67'S VS. ICE DOGS
9:00 p.m.	Snack at GM Centre
9:30 p.m.	Depart to Durham College
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
Notes:	
*OHL / Hockey Canada Panel takes place in the EAST LOUNGE	
*All seminars take place in the LEISURE ROOM	
*All meals take place in the RESTAURANT	
*Off Ice is on the WEST LOUNGE	
Time	Sunday, May 11
6:15 a.m.	Depart to GM Centre
6:30-7:30 a.m.	Breakfast
8:00-9:30 a.m.	ICE DOGS VS BATTALION
10:00-11:00 a.m.	Player Feedback
11:00-11:30 p.m.	Lunch
1:30-3:00 p.m.	BULLS VS. ICE DOGS
	Depart After Final Game
Notes:	
*All seminars take place in the LEISURE ROOM	
*All meals take place in the RESTAURANT	

**2008 OHF/OHL Under-16 Program of Excellence
May 9-11, 2008 - Oshawa, Ontario
TEAM SCHEDULES**

67'S	
Time	Friday, May 9
10:00-10:30 a.m.	Goaltender Registration
11:00-12:00 p.m.	Goaltender Only Practice
1:30-2:30 p.m.	Player Registration
2:30-2:45 p.m.	Player/Parents/Staff Meeting
3:30-4:30 p.m.	Nutrition/Drug & Alcohol Awareness Seminar
5:00-6:20 p.m.	Practice - Practice Rink
6:30-7:45 p.m.	Off Ice Testing
8:00-9:00 p.m.	Team Meal
9:00-9:15 p.m.	Depart to Durham College
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
Notes *Parent / Player / Staff Meeting takes place in the EAST LOUNGE *All seminars take place in the LEISURE ROOM *All meals take place in the RESTAURANT *Off Ice is on the WEST LOUNGE	
Time	Saturday, May 10
6:15 a.m.	Depart to GM Centre
6:30-7:30 a.m.	Breakfast
7:50-8:45 a.m.	Fitness Seminar
8:55-9:40 a.m.	Sports Psychology Seminar
9:50-10:45 a.m.	Practice - Main Rink
11:15-11:45 a.m.	Pre Game Meal
12:00-1:00 p.m.	OHL / Hockey Canada Panel
1:05 p.m.	Depart to Durham College
1:20-2:45 p.m.	Rest
3:00 p.m.	Depart to GM Centre
3:30-4:30 p.m.	Dinner
6:00-7:30 p.m.	67'S VS. ICE DOGS
7:30-9:00 p.m.	Watch COLTS vs. BULLS
9:00 p.m.	Snack at GM Centre
9:30 p.m.	Depart to Durham College
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
Notes: *OHL / Hockey Canada Panel takes place in the EAST LOUNGE *All seminars take place in the LEISURE ROOM *All meals take place in the RESTAURANT *Off Ice is on the WEST LOUNGE	
Time	Sunday, May 11
6:15 a.m.	Depart to GM Centre
6:30-7:30 a.m.	Breakfast
11:00-12:30 p.m.	67'S VS. COLTS
12:45-1:15 p.m.	Lunch
1:30-2:30 p.m.	Player Feedback
4:30-6:00 p.m.	67'S VS. GENERALS
	Depart After Final Game
Notes: *All seminars take place in the LEISURE ROOM *All meals take place in the RESTAURANT	

GENERALS	
Time	Friday, May 9
10:00-10:30 a.m.	Goaltender Registration
11:00-12:00 p.m.	Goaltender Only Practice
1:30-2:30 p.m.	Player Registration
2:30-2:45 p.m.	Player/Parents/Staff Meeting
3:30-4:50 p.m.	Practice - Main Rink
5:00-6:15 p.m.	Off Ice Testing
6:30-7:30 p.m.	Nutrition/Drug & Alcohol Awareness Seminar
8:00-9:00 p.m.	Team Meal
9:00-9:15 p.m.	Depart to Durham College
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
Notes *Parent / Player / Staff Meeting takes place in the EAST LOUNGE *All seminars take place in the LEISURE ROOM *All meals take place in the RESTAURANT *Off Ice is on the WEST LOUNGE	
Time	Saturday, May 10
6:15 a.m.	Depart to GM Centre
6:30-7:30 a.m.	Breakfast
8:00-8:45 a.m.	Practice - Practice Rink
9:00-10:00 a.m.	Fitness Seminar
10:05-11:00 a.m.	Sports Psychology Seminar
11:15-11:45 a.m.	Pre Game Meal
12:00-1:00 p.m.	OHL / Hockey Canada Panel
1:05 p.m.	Depart to Durham College
1:20-2:30 p.m.	Rest
2:45-3:15 p.m.	Light Snack at Durham College
3:25 p.m.	Depart to GM Centre
4:30-6:00 p.m.	GENERALS VS. BATTALION
6:15-7:15 p.m.	Dinner
7:30-9:00 p.m.	Watch COLTS vs. BULLS
9:00 p.m.	Snack at GM Centre
10:00 p.m.	Room Check - All players in rooms.
9:30 p.m.	Depart to Durham College
10:30 p.m.	Curfew - Lights Out - All Players
Notes: *OHL / Hockey Canada Panel takes place in the EAST LOUNGE *All seminars take place in the LEISURE ROOM *All meals take place in the RESTAURANT *Off Ice is on the WEST LOUNGE	
Time	Sunday, May 11
6:15 a.m.	Depart to GM Centre
6:30-7:30 a.m.	Breakfast
9:30-11:00 a.m.	GENERALS VS. BULLS
11:30-12:00 p.m.	Lunch
1:00-2:00 p.m.	Player Feedback
4:30-6:00 p.m.	BATTALION VS. COLTS
	Depart After Final Game
Notes: *All seminars take place in the LEISURE ROOM *All meals take place in the RESTAURANT	

BATTALION	
Time	Friday, May 9
10:00-10:30 a.m.	Goaltender Registration
11:00-12:00 p.m.	Goaltender Only Practice
1:30-2:30 p.m.	Player Registration
2:30-2:45 p.m.	Player/Parents/Staff Meeting
3:30-4:45 p.m.	Off Ice Testing
5:00-6:00 p.m.	Nutrition/Drug & Alcohol Awareness Seminar
6:30-7:50 p.m.	Practice - Practice Rink
8:00-9:00 p.m.	Team Meal
9:00-9:15 p.m.	Depart to Durham College
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
Notes *Parent / Player / Staff Meeting takes place in the EAST LOUNGE *All seminars take place in the LEISURE ROOM *All meals take place in the RESTAURANT *Off Ice is on the WEST LOUNGE	
Time	Saturday, May 10
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6:30-7:30 a.m.	Breakfast
8:00-8:45 a.m.	Practice - Main Rink
9:00-10:00 a.m.	Fitness Seminar
10:05-11:00 a.m.	Sports Psychology Seminar
11:15-11:45 a.m.	Pre Game Meal
12:00-1:00 p.m.	OHL / Hockey Canada Panel
1:05 p.m.	Depart to Durham College
1:20-2:30 p.m.	Rest
2:45-3:15 p.m.	Light Snack at Durham College
3:25 p.m.	Depart to GM Centre
4:30-6:00 p.m.	GENERALS VS. BATTALION
6:15-7:15 p.m.	Dinner
7:30-9:00 p.m.	Watch COLTS vs. BULLS
9:00 p.m.	Snack at GM Centre
10:00 p.m.	Room Check - All players in rooms.
9:30 p.m.	Depart to Durham College
10:30 p.m.	Curfew - Lights Out - All Players
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6:30-7:30 a.m.	Breakfast
8:00-9:30 a.m.	ICE DOGS VS BATTALION
11:00-11:30 a.m.	Lunch
1:00-2:00 p.m.	Player Feedback
3:00-4:30 p.m.	BATTALION VS. COLTS
	Depart After Final Game
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