

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

<b>BULLS</b>	
<b>Time</b>	<b>Friday, May 9</b>
8:30 - 9:00 a.m.	Goaltender Registration Only - Countryside
9:30 - 11:00 a.m.	Goaltender Only Practice
12:00 - 12:30 p.m.	Player Registration - Ray Plourde Arena
12:30 - 12:45 p.m.	Player/Parents/Staff Meeting
1:00 - 2:00 p.m.	Team Building
2:45 - 4:05 p.m.	Practice - Ray Plourde Arena
4:30 - 5:30 p.m.	Travel to Residence / Check in
5:30 - 6:30 p.m.	Team Meal
6:30 - 7:30 p.m.	Nutrition/Drug & Alcohol Awareness Seminar
7:30 - 9:00 p.m.	Fitness Testing
9:00 p.m.	Snack
10:00 p.m.	Room Check - All Players must be in rooms
10:30 p.m.	Curfew - Lights Out - All Players
<b>Notes</b> *Team Building will take place at Ray Plourde Arena. *Fitness Testing & Drug/Alcohol Awareness Seminar will take place in the Alphonse Raymond Building at Laurentian University. *All meals will take place in the Alphonse Raymond Building at Laurentian University.	
<b>Time</b>	<b>Saturday, May 10</b>
8:00 - 8:45 a.m.	Breakfast
9:20 a.m.	Bus to Arena Departs
10:00 - 10:45 a.m.	Sports Psychology Seminar
11:00 - 11:45 a.m.	Practice
12:00 p.m.	Bus to Residence Departs
12:15 - 1:00 p.m.	Lunch
1:30 - 3:00 p.m.	Fitness Seminar
3:30 p.m.	Bus to Countryside Arena Departs
5:00 - 6:30 p.m.	<b>WOLVES VS. BULLS</b>
6:45 p.m.	Bus to Residence Departs
7:15 - 8:00 p.m.	Team Meal
9:00 p.m.	Hockey Panel
10:00 p.m.	Room Check - All Players must be in rooms
10:30 p.m.	Curfew - Lights Out - All Players
<b>Notes</b> *All on-ice sessions will take place at Countryside Arena. *All meals will take place in the Alphonse Raymond Building at Laurentian University. *Sports Psychology seminar will take place at Countryside Arena. *All other off-ice activities will take place in the Alphonse Raymond Building at Laurentian University.	
<b>Time</b>	<b>Sunday, May 11</b>
7:00 - 7:45 a.m.	Breakfast
8:30 a.m.	Bus to Arena
9:30 - 11:00 a.m.	<b>GENERALS VS. BULLS</b>
11:15 a.m.	Bus to Laurentian University
11:30-12:10 p.m.	Lunch
12:15-12:45 p.m.	Player Feedback
12:45 p.m.	Bus to Countryside Arena
1:30 - 3:00 p.m.	<b>BULLS VS. ICE DOGS</b>
	<b>Depart After Final Game</b>
<b>Notes:</b> *All games will take place at Countryside Arena. *All meals will take place in the Alphonse Raymond Building at Laurentian University. *All off-ice activities will take place in the Alphonse Raymond Building at Laurentian University.	

<b>WOLVES</b>	
<b>Time</b>	<b>Friday, May 9</b>
8:30 - 9:00 a.m.	Goaltender Registration Only - Countryside
9:30 - 11:00 a.m.	Goaltender Only Practice
12:00-12:30 p.m.	Player Registration - Countryside Arena
12:30-12:45 p.m.	Player/Parents/Staff Meeting
1:00 - 2:00 p.m.	Team Building
2:45 - 4:05 p.m.	Practice - Countryside Arena
4:30 - 5:30 p.m.	Travel to Residence / Check in
5:30 - 6:30 p.m.	Team Meal
6:30 - 7:30 p.m.	Nutrition/Drug & Alcohol Awareness Seminar
7:30 - 9:00 p.m.	Fitness Testing
9:00 p.m.	Snack
10:00 p.m.	Room Check - All Players must be in rooms
10:30 p.m.	Curfew - Lights Out - All Players
<b>Notes</b> *Team Building will take place at Countryside Arena. *Fitness Testing & Drug/Alcohol Awareness Seminar will take place in the Alphonse Raymond Building at Laurentian University. *All meals will take place in the Alphonse Raymond Building at Laurentian University.	
<b>Time</b>	<b>Saturday, May 10</b>
8:00 - 8:45 a.m.	Breakfast
9:20 a.m.	Bus to Arena Departs
10:00 - 10:45 a.m.	Practice
11:00 - 11:45 a.m.	Sports Psychology Seminar
12:00 p.m.	Bus to Residence Departs
12:15 - 1:00 p.m.	Lunch
1:30 - 3:00 p.m.	Fitness Seminar
3:30 p.m.	Bus to Countryside Arena Departs
5:00 - 6:30 p.m.	<b>WOLVES VS. BULLS</b>
6:45 p.m.	Bus to Residence Departs
7:15 - 8:00 p.m.	Team Meal
9:00 p.m.	Hockey Panel
10:00 p.m.	Room Check - All Players must be in rooms
10:30 p.m.	Curfew - Lights Out - All Players
<b>Notes</b> *All on-ice sessions will take place at Countryside Arena. *All meals will take place in the Alphonse Raymond Building at Laurentian University. *Sports Psychology seminar will take place at Countryside Arena. *All other off-ice activities will take place in the Alphonse Raymond Building at Laurentian University.	
<b>Time</b>	<b>Sunday, May 11</b>
8:00 - 8:45 a.m.	Breakfast
9:30 a.m.	Bus to Arena
11:00 - 12:30 p.m.	<b>67'S VS. WOLVES</b>
1:00 p.m.	Bus to Laurentian University
1:15-1:45 p.m.	Lunch
1:45-2:15 p.m.	Player Feedback
2:15 p.m.	Bus to Countryside Arena
3:00 - 4:30 p.m.	<b>BATTALION VS. WOLVES</b>
	<b>Depart After Final Game</b>
<b>Notes:</b> *All games will take place at Countryside Arena. *All meals will take place in the Alphonse Raymond Building at Laurentian University. *All off-ice activities will take place in the Alphonse Raymond Building at Laurentian University.	

<b>ICE DOGS</b>	
<b>Time</b>	<b>Friday, May 9</b>
8:30 - 9:00 a.m.	Goaltender Registration Only - Countryside
9:30 - 11:00 a.m.	Goaltender Only Practice
12:00 - 1:00 p.m.	Player Registration/Check-In - LU Residence
1:00 - 1:15 p.m.	Player/Parents/Staff Meeting
1:30 - 3:00 p.m.	Fitness Testing
3:45 - 4:45 p.m.	Nutrition/Drug & Alcohol Awareness Seminar
4:45 p.m.	Bus Departs for Arena
5:45 - 7:05 p.m.	Practice - Countryside Arena
7:25 p.m.	Travel to Residence
7:45-8:45 p.m.	Team Meal
8:45 - 9:45 p.m.	Team Building
10:00 p.m.	Room Check - All Players must be in rooms
10:30 p.m.	Curfew - Lights Out - All Players
<b>Notes</b> *Team Building will take place at Laurentian University. *Fitness Testing & Drug/Alcohol Awareness Seminar will take place in the Alphonse Raymond Building at Laurentian University. *All meals will take place in the Alphonse Raymond Building at Laurentian University.	
<b>Time</b>	<b>Saturday, May 10</b>
8:00-8:45 p.m.	Breakfast
9:30-11:00 a.m.	Fitness Seminar
11:30-12:00 p.m.	Lunch
12:20 p.m.	Bus to Arena Departs
1:00 - 1:45 p.m.	Practice
2:00 - 2:45 p.m.	Sports Psychology Seminar
3:00 p.m.	Bus to Residence Departs
4:00 - 4:45 p.m.	Team Meal
5:00 p.m.	Bus to Countryside Arena Departs
6:30 - 8:00 p.m.	<b>67'S VS. ICE DOGS</b>
8:15 p.m.	Bus to Residence Departs
9:00 p.m.	Hockey Panel
10:00 p.m.	Room Check - All Players must be in rooms
10:30 p.m.	Curfew - Lights Out - All Players
<b>Notes</b> *All on-ice sessions will take place at Countryside Arena. *All meals will take place in the Alphonse Raymond Building at Laurentian University. *Sports Psychology seminar will take place at Countryside Arena. *All other off-ice activities will take place in the Alphonse Raymond Building at Laurentian University.	
<b>Time</b>	<b>Sunday, May 11</b>
6:00 - 7:00 a.m.	Breakfast
7:15 a.m.	Bus to Arena
8:00 - 9:30 a.m.	<b>ICE DOGS VS BATTALION</b>
10:00 a.m.	Bus to Laurentian University
11:00 - 11:30 a.m.	Lunch
11:30-12:30 p.m.	Player Feedback
12:45 p.m.	Bus to Countryside Arena
1:30 - 3:00 p.m.	<b>BULLS VS. ICE DOGS</b>
	<b>Depart After Final Game</b>
<b>Notes:</b> *All games will take place at Countryside Arena. *All meals will take place in the Alphonse Raymond Building at Laurentian University. *All off-ice activities will take place in the Alphonse Raymond Building at Laurentian University.	

\*Rooms for off-ice activities are to be determined.

\*\*SCHEDULE SUBJECT TO CHANGE BASED ON FACILITY AVAILABILITY

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

<b>67'S</b>	
<b>Time</b>	<b>Friday, May 9</b>
8:30 - 9:00 a.m.	Goaltender Registration Only - Countryside
9:30 - 11:00 a.m.	Goaltender Only Practice
12:00 - 1:00 p.m.	Player Registration/Check-In - LU Residence
1:00 - 1:15 p.m.	Player/Parents/Staff Meeting
1:30 - 3:00 p.m.	Fitness Testing
3:15 p.m.	Bus departs for Arena
4:15 - 5:35 p.m.	Practice - Countryside Arena
6:00 p.m.	Bus to Laurentian University
6:30-7:30 p.m.	Team Meal
7:30 -8:30 p.m.	Nutrition/Drug & Alcohol Awareness Seminar
8:30 - 9:30 p.m.	Team Building
10:00 p.m.	Room Check - All Players must be in rooms
10:30 p.m.	Curfew - Lights Out - All Players
<b>Notes</b>	
*Team Building will take place at Laurentian University. *Fitness Testing & Drug/Alcohol Awareness Seminar will take place *All meals will take place in the Alphonse Raymond Building at Laurentian University.	
<b>Time</b>	<b>Saturday, May 10</b>
8:00 - 8:45 p.m.	Breakfast
9:30 - 11:00 a.m.	Fitness Seminar
11:20 a.m.	Bus to Countryside Arena Departs
12:00 - 12:45 p.m.	Practice
1:00 - 1:45 p.m.	Lunch
2:00 - 2:45 p.m.	Sports Psychology Seminar
3:00 p.m.	Bus to Laurentian University
4:00 - 4:45 p.m.	Team Meal
5:00 p.m.	Bus to Countryside Arena Departs
6:30 - 8:00 p.m.	<b>67'S VS. ICE DOGS</b>
8:15 p.m.	Bus to Laurentian University
9:00 p.m.	Hockey Panel
10:00 p.m.	Room Check - All Players must be in rooms
10:30 p.m.	Curfew - Lights Out - All Players
<b>Notes</b>	
*All on-ice sessions will take place at Countryside Arena. *Lunch will take place at Countryside Arena. *Sports Psychology seminar will take place at Countryside Arena. *Team meal (dinner) will take place in the Alphonse Raymond Building at Laurentian University. *All other off-ice activities will take place in the Alphonse Raymond Building at Laurentian University.	
<b>Time</b>	<b>Sunday, May 11</b>
8:00 - 8:45 a.m.	Breakfast
9:30 a.m.	Bus to Countryside Arena Departs
11:00 - 12:30 p.m.	<b>67'S VS. WOLVES</b>
1:00 p.m.	Bus to Laurentian University
1:00-1:30 p.m.	Lunch
1:45-2:45 p.m.	Player Feedback
3:00 p.m.	Bus to Countryside Arena
4:30 - 6:00 p.m.	<b>67'S VS. GENERALS</b>
	<b>Depart After Final Game</b>
<b>Notes:</b>	
*All games will take place at Countryside Arena. *All meals will take place in the Alphonse Raymond Building at *All off-ice activities will take place in the Alphonse Raymond Building at Laurentian University.	

<b>GENERALS</b>	
<b>Time</b>	<b>Friday, May 9</b>
8:30 - 9:00 a.m.	Goaltender Registration Only - Countryside
9:30 - 11:00 a.m.	Goaltender Only Practice
12:00 - 12:30 p.m.	Player Registration - Ray Plourde Arena
12:30 - 12:45 p.m.	Player/Parents/Staff Meeting
1:15 - 2:35 p.m.	Practice - Ray Plourde Arena
3:00 p.m.	Travel to Residence / Check in
4:00 - 5:15 p.m.	Fitness Testing
5:30 - 6:30 p.m.	Team Meal
6:30 - 7:30 p.m.	Team Building
7:30 - 8:30 p.m.	Nutrition/Drug & Alcohol Awareness Seminar
9:00 - 9:30 p.m.	Snack
10:00 p.m.	Room Check - All Players must be in rooms
10:30 p.m.	Curfew - Lights Out - All Players
<b>Notes</b>	
*Team Building will take place at Laurentian University. *Fitness Testing & Drug/Alcohol Awareness Seminar will take place in *All meals will take place in the Alphonse Raymond Building at Laurentian University.	
<b>Time</b>	<b>Saturday, May 10</b>
6:30 - 7:15 a.m.	Breakfast
7:20 a.m.	Bus to Countryside Arena Departs
8:00 - 8:45 a.m.	Practice
9:00 - 9:45 a.m.	Sports Psychology Seminar
10:15 a.m.	Bus to Laurentian University
11:30 - 1:00 p.m.	Fitness Seminar
1:00 - 1:45p.m.	Lunch
2:00 p.m.	Bus to Countryside Arena Departs
3:30 - 5:00 p.m.	<b>GENERALS VS. BATTALION</b>
5:30 p.m.	Bus to Laurentian University
6:00 - 7:00 p.m.	Team Meal
9:00 p.m.	Hockey Panel
10:00 p.m.	Room Check - All Players must be in rooms
10:30 p.m.	Curfew - Lights Out - All Players
<b>Notes</b>	
*All on-ice sessions will take place at Countryside Arena. *All meals will take place in the Alphonse Raymond Building at *Sports Psychology seminar will take place at Countryside Arena. *All other off-ice activities will take place in the Alphonse Raymond Building at Laurentian University.	
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7:00 - 7:45 a.m.	Breakfast
8:30 a.m.	Bus to Countryside Arena Departs
9:30 - 11:00 a.m.	<b>GENERALS VS. BULLS</b>
11:15 a.m.	Bus to Laurentian University
11:30-12:30 p.m.	Lunch
1:00-2:00 p.m.	Player Feedback
3:00 p.m.	Bus to Countryside Arena
4:30 - 6:00 p.m.	<b>67'S VS. GENERALS</b>
	<b>Depart After Final Game</b>
<b>Notes:</b>	
*All games will take place at Countryside Arena. *All meals will take place in the Alphonse Raymond Building at *All off-ice activities will take place in the Alphonse Raymond Building at Laurentian University.	

<b>BATTALION</b>	
<b>Time</b>	<b>Friday, May 9</b>
8:30 - 9:00 a.m.	Goaltender Registration Only - Countryside
9:30 - 11:00 a.m.	Goaltender Only Practice
12:00-12:30 p.m.	Player Registration - Countryside Arena
12:30 - 12:45 p.m.	Player/Parents/Staff Meeting
1:15-2:35 p.m.	Practice - Countryside Arena
3:00 p.m.	Travel to Residence / Check in
4:00 - 5:15 p.m.	Fitness Testing
5:30 - 6:30 p.m.	Team Meal
6:30 - 7:30 p.m.	Team Building
7:30 - 8:30 p.m.	Nutrition/Drug & Alcohol Awareness Seminar
9:00 - 9:30 p.m.	Snack
10:00 p.m.	Room Check - All Players must be in rooms
10:30 p.m.	Curfew - Lights Out - All Players
<b>Notes</b>	
*Team Building will take place at Laurentian University. *Fitness Testing & Drug/Alcohol Awareness Seminar will take place *All meals will take place in the Alphonse Raymond Building at Laurentian University.	
<b>Time</b>	<b>Saturday, May 10</b>
6:30 - 7:15 a.m.	Breakfast
7:20 a.m.	Bus to Countryside Arena Departs
8:00 - 8:45 a.m.	Sports Psychology Seminar
9:00 - 9:45 a.m.	Practice
10:15 a.m.	Bus to Laurentian University
11:30 - 1:00 p.m.	Fitness Seminar
1:00 - 1:45p.m.	Lunch
2:00 p.m.	Bus to Countryside Arena Departs
3:30 - 5:00 p.m.	<b>GENERALS VS. BATTALION</b>
5:30 p.m.	Bus to Laurentian University
6:00 - 7:00 p.m.	Team Meal
9:00 p.m.	Hockey Panel
10:00 p.m.	Room Check - All Players must be in rooms
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<b>Notes</b>	
*All on-ice sessions will take place at Countryside Arena. *All meals will take place in the Alphonse Raymond Building at *Sports Psychology seminar will take place at Countryside Arena. *All other off-ice activities will take place in the Alphonse Raymond Building at Laurentian University.	
<b>Time</b>	<b>Sunday, May 11</b>
6:00-7:00 a.m.	Breakfast
7:15 a.m.	Bus to Countryside Arena Departs
8:00 - 9:30 a.m.	<b>ICE DOGS VS BATTALION</b>
10:00 a.m.	Bus to Laurentian University
11:00-11:30	Lunch
11:45-12:45 p.m.	Player Feedback
2:15 p.m.	Bus to Countryside Arena
3:00 - 4:30 p.m.	<b>BATTALION VS. WOLVES</b>
	<b>Depart After Final Game</b>
<b>Notes:</b>	
*All games will take place at Countryside Arena. *All meals will take place in the Alphonse Raymond Building at *All off-ice activities will take place in the Alphonse Raymond Building at Laurentian University.	

\*Rooms for off-ice activities are to be determined.

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