



2009 OHF/OHL Under-16 Program of Excellence
April 23-25, 2010 - Kitchener, Ontario
TEAM SCHEDULES



ATTACK	
Time	Friday, April 23
10:00-10:30 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
2:00-3:30 p.m.	Fitness Testing
3:40-4:40 p.m.	Nutrition Seminar
5:30-6:50 p.m.	Practice - Kitchener Auditorium
7:45-8:30 p.m.	Team Meal
8:30 p.m.	Bus to Accommodations Departs
10:00 p.m.	Room Check
10:30 p.m.	Curfew - Lights Out - All Players
Notes	
*Player Registration will take place in the lobby at the Aud.	
*Parent / Player / Staff Meeting takes place in Subscribers Lounge.	
*Lunch and dinner will take place in the Concourse Lounge.	
*Nutrition Seminar will take place in the Subscribers Lounge.	
*Fitness Testing will take place on Kinsemen.	
Time	Saturday, April 24
7:15-8:00 a.m.	Breakfast
8:00 a.m.	Bus to Kitchener Auditorium Departs
9:00-10:00 a.m.	Fitness Seminar
10:45-11:35 a.m.	Practice - Kitchener Auditorium
12:00-12:45 p.m.	Lunch
2:00-3:00 p.m.	OHL/Guest Speaker Panel
3:10 p.m.	Bus to Accommodations Departs
3:30-5:00 p.m.	Mandatory Rest Period - All Players in Rooms
5:00 p.m.	Depart to Rink
5:30 p.m.	Pre Game Meal
7:30-9:00 p.m.	BULLS VS. ATTACK
9:00 p.m.	Bus to Accommodations Departs
10:00 p.m.	Room Check - All players in rooms. Players rooms are to be neat and their bags are to be packed as the next morning they will leave for the rink and not return.
10:30 p.m.	Curfew - Lights Out - All Players
Notes:	
*Breakfast will take place at the residence.	
*Lunch and dinner will take place in the Concourse Lounge.	
*Fitness Seminar will take place in Subscribers Lounge.	
*OHL/Guest Speaker Panel will take place in Subscribers Lounge.	
Time	Sunday, April 25
7:00-8:00 a.m.	Breakfast
8:15 a.m.	Bus to Arena Departs - Players are to bring all personal belongings with them.
9:30-11:00 a.m.	KNIGHTS VS. ATTACK
11:15-12:00 p.m.	Lunch
12:00-12:50 p.m.	Sport Psychology
1:30-3:00 p.m.	ATTACK VS. GENERALS
3:15-3:30 p.m.	Player Questionnaire
	Depart After Final Game
Notes:	
*Breakfast will take place at the residence.	
*Lunch will take place in the Concourse Lounge.	
*Sports Psychology will take place in Subscribers Lounge.	
*Player Questionnaire will take place in the Teaching Theatre.	

BULLS	
Time	Friday, April 23
10:00-10:30 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
2:00-3:30 p.m.	Fitness Testing
3:40-4:40 p.m.	Nutrition Seminar
4:55 p.m.	Bus to Sportsworld
5:30-6:50 p.m.	Practice - Sportsworld
7:00 p.m.	Bus to Kitchener Auditorium Departs
7:45-8:30 p.m.	Team Meal
8:30 p.m.	Bus to Accommodations Departs
10:00 p.m.	Room Check
10:30 p.m.	Curfew - Lights Out - All Players
Notes	
*Player Registration will take place in the lobby at the Aud.	
*Parent / Player / Staff Meeting takes place in Subscribers Lounge.	
*Lunch and dinner will take place in the Concourse Lounge.	
*Nutrition Seminar will take place in the Subscribers Lounge.	
*Fitness Testing will take place on Kinsemen.	
Time	Saturday, April 24
8:00-8:45 a.m.	Breakfast
9:00 a.m.	Bus to Kitchener Auditorium Departs
10:00-11:00 a.m.	Fitness Seminar
11:45-12:35 p.m.	Practice - Kitchener Auditorium
1:00-1:45 p.m.	Lunch
2:00-3:00 p.m.	OHL/Guest Speaker Panel
3:10 p.m.	Bus to Accommodations Departs
3:30-5:00 p.m.	Mandatory Rest Period - All Players in Rooms
5:00 p.m.	Depart to Rink
5:30 p.m.	Pre Game Meal
7:30-9:00 p.m.	BULLS VS. ATTACK
9:00 p.m.	Bus to Accommodations Departs
10:00 p.m.	Room Check - All players in rooms. Players rooms are to be neat and their bags are to be packed as the next morning they will leave for the rink and not return.
10:30 p.m.	Curfew - Lights Out - All Players
Notes:	
*Breakfast will take place at the residence.	
*Lunch and dinner will take place in the Concourse Lounge.	
*Fitness Seminar will take place in Subscribers Lounge.	
*OHL/Guest Speaker Panel will take place in Subscribers Lounge.	
Time	Sunday, April 25
8:00-9:00 a.m.	Breakfast
9:15 a.m.	Bus to Arena Departs - Players are to bring all personal belongings with them.
11:00-12:30 p.m.	ICE DOGS VS. BULLS
12:45-1:30 p.m.	Lunch
1:30-2:20 p.m.	Sports Psychology
3:00-4:30 p.m.	RANGERS VS. BULLS
4:45-5:00 p.m.	Player Questionnaire
	Depart After Final Game
Notes:	
*Breakfast will take place at the residence.	
*Lunch will take place in the Concourse Lounge.	
*Sports Psychology will take place in Subscribers Lounge.	
*Player Questionnaire will take place in the Teaching Theatre.	

GENERALS	
Time	Friday, April 23
10:00-10:30 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 Seminar
4:00-5:20 p.m.	Practice - Kitchener Auditorium
6:00-7:30 p.m.	Fitness Testing
7:45-8:30 p.m.	Team Meal
8:30 p.m.	Bus to Accommodations Departs
10:00 p.m.	Room Check
10:30 p.m.	Curfew - Lights Out - All Players
Notes	
*Player Registration will take place in the lobby at the Aud.	
*Parent / Player / Staff Meeting takes place in Subscribers Lounge.	
*Lunch and dinner will take place in the Concourse Lounge.	
*Nutrition Seminar will take place in the Subscribers Lounge.	
*Fitness Testing will take place on Kinsemen.	
Time	Saturday, April 24
8:00-8:45 a.m.	Breakfast
9:00 a.m.	Bus to Kitchener Auditorium Departs
9:45-10:35 a.m.	Practice - Kitchener Auditorium
11:00-12:00 p.m.	Fitness Seminar
12:00-12:45	Lunch
2:00-3:00 p.m.	OHL/Guest Speaker Panel
3:10 p.m.	Bus to Accommodations Departs
4:45 p.m.	Mandatory Rest Period - All Players in Rooms
4:45 p.m.	Depart to Rink
6:00-7:30 p.m.	ICE DOGS VS. GENERALS
8:00-8:45 p.m.	Post Game Meal
9:00 p.m.	Bus to Accommodations Departs
10:00 p.m.	Room Check - All players in rooms. Players rooms are to be neat and their bags are to be packed as the next morning they will leave for the rink and not return.
10:30 p.m.	Curfew - Lights Out - All Players
Notes:	
*Breakfast will take place at the residence.	
*Lunch and dinner will take place in the Concourse Lounge.	
*Fitness Seminar will take place in Subscribers Lounge.	
*OHL/Guest Speaker Panel will take place in Subscribers Lounge.	
Time	Sunday, April 25
6:00-7:00 a.m.	Breakfast
7:15 a.m.	Bus to Arena Departs - Players are to bring all personal belongings with them.
8:00-9:30 a.m.	GENERALS VS RANGERS
10:00-10:50 a.m.	Sports Psychology
11:00-11:15 a.m.	Player Questionnaire
11:15-12:00 p.m.	Lunch
1:30-3:00 p.m.	ATTACK VS. GENERALS
	Depart After Final Game
Notes:	
*Breakfast will take place at the residence.	
*Lunch will take place in the Concourse Lounge.	
*Sports Psychology will take place in Subscribers Lounge.	
*Player Questionnaire will take place in the Teaching Theatre.	

**SCHEDULE SUBJECT TO CHANGE BASED ON FACILITY AVAILABILITY



2010 OHF/OHL Under-16 Program of Excellence
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ICE DOGS	
Time	Friday, April 23
10:00-10:30 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 Seminar
3:20 p.m.	Bus to Sportsworld
4:00-5:20 p.m.	Practice - Sportsworld
5:40 p.m.	Bus to Kitchener Auditorium Departs
6:00-7:30 p.m.	Fitness Testing
7:30-8:15 p.m.	Team Meal
8:30 p.m.	Bus to Accommodations Departs
10:00 p.m.	Room Check
10:30 p.m.	Curfew - Lights Out - All Players
Notes	
*Player Registration will take place in the lobby at the Aud.	
*Parent / Player / Staff Meeting takes place in Subscribers Lounge.	
*Lunch and dinner will take place in the Concourse Lounge.	
*Nutrition Seminar will take place in the Subscribers Lounge.	
*Fitness Testing will take place on Kinsemen.	
Time	Saturday, April 24
9:00-10:00 a.m.	Breakfast
9:30 a.m.	Bus to Kitchener Auditorium Departs
10:00-11:00 a.m.	Fitness Seminar
11:00-11:45 a.m.	Lunch
12:45-1:35 p.m.	Practice - Kitchener Auditorium
2:00-3:00 p.m.	OHL/Guest Speaker Panel
3:10 p.m.	Bus to Accommodations Departs
3:00-4:15 p.m.	Mandatory Rest Period - All Players in Rooms
4:20 p.m.	Depart to Rink
6:00-7:30 p.m.	ICE DOGS VS. GENERALS
8:00-8:45 p.m.	Post Game Meal
9:00 p.m.	Bus to Accommodations Departs
10:00 p.m.	Room Check - All players in rooms. Players rooms are to be neat and their bags are to be packed as the next morning they will leave for the rink and not return.
10:30 p.m.	Curfew - Lights Out - All Players
Notes:	
*Breakfast will take place at the residence.	
*Lunch and dinner will take place in the Concourse Lounge.	
*Fitness Seminar will take place in Subscribers Lounge.	
*OHL/Guest Speaker Panel will take place in Subscribers Lounge.	
Time	Sunday, April 25
8:00-9:00 a.m.	Breakfast
9:15 a.m.	Bus to Arena Departs - Players are to bring all personal belongings with them.
11:00-12:30 p.m.	ICE DOGS VS. BULLS
12:45-1:30 p.m.	Lunch
1:30-2:20 p.m.	Sports Psychology
2:30-3:00 p.m.	Player Questionnaire
4:30-6:00 p.m.	ICE DOGS VS. KNIGHTS
	Depart After Final Game
Notes:	
*Breakfast will take place at the residence.	
*Lunch will take place in the Concourse Lounge.	
*Sports Psychology will take place in Subscribers Lounge.	
*Player Questionnaire will take place in the Teaching Theatre.	

KNIGHTS	
Time	Friday, April 23
10:00-10:30 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
4:10-5:40 p.m.	Fitness Testing
6:00-7:00 p.m.	Nutrition Seminar
7:00-7:45 p.m.	Team Meal
8:30 p.m.	Bus to Accommodations Departs
10:00 p.m.	Room Check
10:30 p.m.	Curfew - Lights Out - All Players
Notes	
*Player Registration will take place in the lobby at the Aud.	
*Parent / Player / Staff Meeting takes place in Subscribers Lounge.	
*Lunch and dinner will take place in the Concourse Lounge.	
*Nutrition Seminar will take place in the Subscribers Lounge.	
*Fitness Testing will take place on Kinsemen.	
Time	Saturday, April 24
6:30-7:00 a.m.	Breakfast
7:00 a.m.	Bus to Kitchener Auditorium Departs
7:45-8:35 a.m.	Practice - Kitchener Auditorium
9:00-10:00 a.m.	Fitness Seminar
10:10 a.m.	Bus to Accommodations Departs
10:30-12:30 p.m.	Mandatory Rest Period - All Players in Rooms
12:30 p.m.	Bus to Kitchener Auditorium Departs
1:00-1:45 p.m.	Lunch
2:00-3:00 p.m.	OHL/Guest Speaker Panel
4:30-6:00 p.m.	KNIGHTS VS. RANGERS
6:30-7:30 p.m.	Post Game Meal
7:30-9:00 p.m.	Watch BULLS vs. ATTACK
9:00 p.m.	Bus to Accommodations Departs
10:00 p.m.	Room Check - All players in rooms. Players rooms are to be neat and their bags are to be packed as the next morning they will leave for the rink and not return.
10:30 p.m.	Curfew - Lights Out - All Players
Notes:	
*Breakfast will take place at the residence.	
*Lunch and dinner will take place in the Concourse Lounge.	
*Fitness Seminar will take place in Subscribers Lounge.	
*OHL/Guest Speaker Panel will take place in Subscribers Lounge.	
Time	Sunday, April 25
7:00-8:00 a.m.	Breakfast
8:15 a.m.	Bus to Arena Departs - Players are to bring all personal belongings with them.
9:30-11:00 a.m.	KNIGHTS VS. ATTACK
11:15-12:00 p.m.	Lunch
12:00-12:50 p.m.	Sports Psychology
1:30-2:00 p.m.	Player Questionnaire
4:30-6:00 p.m.	ICE DOGS VS. KNIGHTS
	Depart After Final Game
Notes:	
*Breakfast will take place at the residence.	
*Lunch will take place in the Concourse Lounge.	
*Sports Psychology will take place in Subscribers Lounge.	
*Player Questionnaire will take place in the Teaching Theatre.	

RANGERS	
Time	Friday, April 23
10:00-10:30 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 Departs
4:10-5:40 p.m.	Fitness Testing
6:00-7:00 p.m.	Nutrition Seminar
7:00-7:45 p.m.	Team Meal
8:30 p.m.	Bus to Accommodations Departs
10:00 p.m.	Room Check
10:30 p.m.	Curfew - Lights Out - All Players
Notes	
*Player Registration will take place in the lobby at the Aud.	
*Parent / Player / Staff Meeting takes place in Subscribers Lounge.	
*Lunch and dinner will take place in the Concourse Lounge.	
*Nutrition Seminar will take place in the Subscribers Lounge.	
*Fitness Testing will take place on Kinsemen.	
Time	Saturday, April 24
7:15-8:00 a.m.	Breakfast
8:00 a.m.	Bus to Kitchener Auditorium Departs
8:45-9:35 a.m.	Practice - Kitchener Auditorium
10:00-11:00 a.m.	Fitness Seminar
11:05 a.m.	Bus to Accommodations Departs
11:30-12:30 p.m.	Mandatory Rest Period - All Players in Rooms
12:30 p.m.	Bus to Kitchener Auditorium Departs
1:00-1:45 p.m.	Lunch
2:00-3:00 p.m.	OHL/Guest Speaker Panel
4:30-6:00 p.m.	KNIGHTS VS. RANGERS
6:30-7:30 p.m.	Post Game Meal
7:30-9:00 p.m.	Watch BULLS vs. ATTACK
9:00 p.m.	Bus to Accommodations Departs
10:00 p.m.	Room Check - All players in rooms. Players rooms are to be neat and their bags are to be packed as the next morning they will leave for the rink and not return.
10:30 p.m.	Curfew - Lights Out - All Players
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 Arena Departs - Players are to bring all personal belongings with them.
8:00-9:30 a.m.	GENERALS VS RANGERS
10:00-10:50 a.m.	Sports Psychology
12:00-12:45 p.m.	Lunch
1:00-2:00 p.m.	Player Questionnaire
3:00-4:30 p.m.	RANGERS VS. BULLS
	Depart After Final Game
Notes:	
*Breakfast will take place at the residence.	
*Lunch will take place in the Concourse Lounge.	
*Sports Psychology will take place in Subscribers Lounge.	
*Player Questionnaire will take place in the Teaching Theatre.	

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