



**2010 OHF/OHL Under-16 Program of Excellence**  
**May 14-16, 2010 - Barrie, Ontario**  
**TEAM SCHEDULES**



<b>ICE DOGS</b>	
<b>Time</b>	<b>Friday, May 14</b>
10:00-10:30 a.m.	Goaltender Registration
11:00-12:00 p.m.	Goaltender Only Practice
1:00-1:30 p.m.	Player Registration
1:35-1:50 p.m.	Player/Parents/Staff Meeting
2:00-2:30 p.m.	Team Introduction/Building
2:45-4:05 p.m.	Fitness Testing
4:30-5:15 p.m.	Nutrition Seminar
5:45-7:05 p.m.	Practice
7:30-8:15 p.m.	Team Meal
8:30 p.m.	Bus to Georgian College Departs
10:00 p.m.	Room Check - All players in rooms
10:30 p.m.	Curfew - Lights Out - All Players
<b>Notes</b>	
*Registration will take place in the lobby of East Bayfield Arena.	
*Parent / Player / Staff Meeting takes place at East Bayfield Arena in the Multi Purpose room.	
*All ice sessions take place on the Purple Rink.	
*Nutrition seminar will take place in Activity Room 1.	
*All meals take place at East Bayfield Arena - location to be determined.	
*Fitness testing takes place at East Bayfield arena in the gym.	
<b>Time</b>	<b>Saturday, May 15</b>
8:00 a.m.	Bus to Arena Departs
8:20-9:00 a.m.	Breakfast
9:30-10:20 a.m.	Practice
10:45-11:40 a.m.	Fitness Seminar
12:00-12:45 p.m.	Lunch
1:15-2:15 p.m.	OHL/Guest Speaker Panel
2:30 p.m.	Bus to Georgian College Departs
2:45 - 3:45 p.m.	Mandatory Rest Period - All Players in Rooms
3:45 p.m.	Bus to Arena Departs
4:00-4:45 p.m.	Dinner
<b>5:30-7:00 p.m.</b>	<b>GENERALS VS. ICE DOGS</b>
7:30 p.m.	Snack at Arena
8:00 p.m.	Bus to Georgian College 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 to residence
10:30 p.m.	Curfew - Lights Out - All Players
<b>Notes:</b>	
*All ice sessions take place on the Purple Rink.	
*Fitness seminar takes place in Activity Room 1.	
*OHL/Guest Speaker Panel takes place in the Multi Purpose Room.	
*All meals take place at East Bayfield Arena - location to be determined.	
<b>Time</b>	<b>Sunday, May 16</b>
6:30 a.m.	Bus to Arena Departs - Players are to bring all personal belongings with them.
6:45-7:15 a.m.	Breakfast
<b>8:00-9:30 a.m.</b>	<b>ICE DOGS VS. COLTS</b>
10:00-10:45 a.m.	Player Questionnaire
11:00-11:45 a.m.	Lunch
12:00-12:50 p.m.	Sports Psychology
<b>3:00-4:30 p.m.</b>	<b>BULLS VS. ICE DOGS</b>
	<b>Depart After Final Game</b>
<b>Notes:</b>	
*All ice sessions take place on the Purple Rink.	
*Sports Psychology takes place in Activity Room 1.	
*Player Questionnaire takes place in Activity Room 2.	
*All meals take place at East Bayfield Arena - location to be determined.	

<b>GENERALS</b>	
<b>Time</b>	<b>Friday, May 14</b>
10:00-10:30 a.m.	Goaltender Registration
11:00-12:00 p.m.	Goaltender Only Practice
1:00-1:30 p.m.	Player Registration
1:35-1:50 p.m.	Player/Parents/Staff Meeting
2:15-3:35 p.m.	Practice
3:55-4:25 p.m.	Team Introduction/Building
4:30-5:30 p.m.	Fitness Testing
6:15-7:00 p.m.	Team Meal
7:15-8:00 p.m.	Nutrition Seminar
8:30 p.m.	Bus to Georgian College Departs
10:00 p.m.	Room Check - All players in rooms
10:30 p.m.	Curfew - Lights Out - All Players
<b>Notes</b>	
*Registration will take place in the lobby of East Bayfield Arena.	
*Parent / Player / Staff Meeting takes place at East Bayfield Arena in the Multi Purpose room.	
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*Fitness testing takes place at East Bayfield arena in the gym.	
<b>Time</b>	<b>Saturday, May 15</b>
7:00 a.m.	Bus to Arena Departs
7:20-7:50 a.m.	Breakfast
8:15-9:05 a.m.	Practice
10:45-11:40 a.m.	Fitness Seminar
12:00-12:45 p.m.	Lunch
1:15-2:15 p.m.	OHL/Guest Speaker Panel
2:30 p.m.	Bus to Georgian College Departs
2:45 - 3:45 p.m.	Mandatory Rest Period - All Players in Rooms
3:45 p.m.	Bus to Arena Departs
4:00-4:45 p.m.	Dinner
<b>5:30-7:00 p.m.</b>	<b>GENERALS VS. ICE DOGS</b>
7:30 p.m.	Snack at Arena
8:00 p.m.	Bus to Georgian College 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 to residence
10:30 p.m.	Curfew - Lights Out - All Players
<b>Notes:</b>	
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*All meals take place at East Bayfield Arena - location to be determined.	
<b>Time</b>	<b>Sunday, May 16</b>
7:30 a.m.	Bus to Arena Departs - Players are to bring all personal belongings with them.
8:00-8:30 a.m.	Breakfast
8:30-9:20 a.m.	Sports Psychology
<b>10:00-11:30 a.m.</b>	<b>GENERALS VS. BULLS</b>
11:30-12:15 p.m.	Lunch
12:15-12:30 p.m.	Player Questionnaire
<b>1:00-2:30 p.m.</b>	<b>GENERALS VS. COLTS</b>
	<b>Depart After Final Game</b>
<b>Notes:</b>	
*All ice sessions take place on the Purple Rink.	
*Sports Psychology takes place in Activity Room 1.	
*Player Questionnaire takes place in Activity Room 2.	
*All meals take place at East Bayfield Arena - location to be determined.	

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



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<b>BULLS</b>	
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1:00-1:30 p.m.	Player Registration
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2:00-2:30 p.m.	Team Introduction/Building
2:45-3:30 p.m.	Nutrition Seminar
4:00-5:20 p.m.	Practice
6:00-7:00 p.m.	Fitness Testing
7:30-8:15 p.m.	Team Meal
8:30 p.m.	Bus to Georgian College Departs
10:00 p.m.	Room Check - All players in rooms
10:30 p.m.	Curfew - Lights Out - All Players
<b>Notes</b>	
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*Parent / Player / Staff Meeting takes place at East Bayfield Arena in the Multi Purpose room.	
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<b>Time</b>	<b>Saturday, May 15</b>
8:00 a.m.	Bus to Arena Departs
8:20-9:00 a.m.	Breakfast
9:15-10:05 p.m.	Fitness Seminar
10:45-11:35 a.m.	Practice
12:00-12:45 p.m.	Lunch
1:15-2:15 p.m.	OHL/Guest Speaker Panel
2:30 p.m.	Bus to Georgian College Departs
2:45 - 5:00 p.m.	Mandatory Rest Period - All Players in Rooms
5:30 p.m.	Bus to Arena Departs
5:45-6:30 p.m.	Dinner
<b>7:30-9:00 p.m.</b>	<b>COLTS VS. BULLS</b>
9:00 p.m.	Snack at Arena
9:30 p.m.	Depart to Georgian College
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 to residence
10:30 p.m.	Curfew - Lights Out - All Players
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11:30-12:15 p.m.	Lunch
12:15-12:45 p.m.	Player Questionnaire
1:00-1:50 p.m.	Sports Psychology
<b>3:00-4:30 p.m.</b>	<b>BULLS VS. ICE DOGS</b>
	<b>Depart After Final Game</b>
<b>Notes:</b>	
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*Sports Psychology takes place in Activity Room 1.	
*Player Questionnaire takes place in Activity Room 2.	
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<b>COLTS</b>	
<b>Time</b>	<b>Friday, May 14</b>
10:00-10:30 a.m.	Goaltender Registration
11:00-12:00 p.m.	Goaltender Only Practice
1:00-1:30 p.m.	Player Registration
1:35-1:50 p.m.	Player/Parents/Staff Meeting
2:00-2:30 p.m.	Team Introduction/Building
2:45-4:05 p.m.	Fitness Testing
4:30-5:15 p.m.	Nutrition Seminar
5:30-6:15 p.m.	Team Meal
7:30-8:50 p.m.	Practice
9:15 p.m.	Bus to Georgian College Departs
10:00 p.m.	Room Check - All players in rooms
10:30 p.m.	Curfew - Lights Out - All Players
<b>Notes</b>	
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8:00 a.m.	Bus to Arena Departs
8:20-9:00 a.m.	Breakfast
9:15-10:05 p.m.	Fitness Seminar
11:00-11:40 a.m.	Lunch
12:00-12:50 p.m.	Practice
1:15-2:15 p.m.	OHL/Guest Speaker Panel
2:30 p.m.	Bus to Georgian College Departs
2:45 - 5:00 p.m.	Mandatory Rest Period - All Players in Rooms
5:30 p.m.	Bus to Arena Departs
5:45-6:30 p.m.	Dinner
<b>7:30-9:00 p.m.</b>	<b>COLTS VS. BULLS</b>
9:00 p.m.	Snack at Arena
9:30 p.m.	Bus to Georgian College 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 to residence
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<b>1:00-2:30 p.m.</b>	<b>GENERALS VS. COLTS</b>
	<b>Depart After Final Game</b>
<b>Notes:</b>	
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