



**2010 OHF/OHL Under-16 Program of Excellence
May 7-9, 2010 - Oshawa, Ontario
TEAM SCHEDULES**



BULLS	
Time	Friday, May 8
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.	Fitness Testing
5:00-6:00 p.m.	Nutrition Seminar
6:30-7:50 p.m.	Practice - Main Rink
8:00-9:00 p.m.	Team Meal
9:00-9:15 p.m.	Bus to Durham College Departs
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
Notes	
*Player Registration takes place in the GM Centre lobby.	
*Parent / Player / Staff Meeting takes place in the East Lounge.	
*Nutrition seminar takes place in the Leisure Room.	
*All meals take place in the restaurant	
*Fitness Testing is on the West Lounge.	
Time	Saturday, May 9
7:00 a.m.	Bus to GM Centre Departs
7:15-8:00 a.m.	Breakfast
8:30-9:20 a.m.	Practice - Practice Rink
10:00-10:50 a.m.	Fitness Seminar
11:00-11:45 a.m.	Lunch
12:15-1:15 p.m.	OHL/Guest Speaker Panel
1:20 p.m.	Bus to Durham College Departs
1:30-4:00 p.m.	Mandatory Rest Period - All Players in Rooms
4:30 p.m.	Bus to GM Centre Departs
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.	Bus to Durham College Departs
	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.
10:00 p.m.	
10:30 p.m.	Curfew - Lights Out - All Players
Notes	
*OHL / Hockey Canada Panel takes place in the East Lounge.	
*Fitness seminar takes place in the Leisure Room.	
*All meals take place in the restaurant	
Time	Sunday, May 10
7:15 a.m.	Bus to Arena Departs - Players are to bring all personal belongings with them.
7:30-8:15 a.m.	Breakfast
9:30-11:00 a.m.	GENERALS VS. BULLS
11:00-11:40 p.m.	Lunch
11:45-12:35	Sports Psychology
1:30-3:00 p.m.	BULLS VS. ICE DOGS
3:00-3:30 p.m.	Player Questionnaire
	Depart After Final Game
Notes	
*Sports Psychology takes place in the Leisure Room.	
*Player questionnaire location is to be determined.	
*All meals take place in the restaurant.	

COLTS	
Time	Friday, May 8
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.	Fitness Testing
6:30-7:30 p.m.	Nutrition Seminar
8:00-9:00 p.m.	Team Meal
9:00-9:15 p.m.	Bus to Durham College Departs
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
Notes	
*Player Registration takes place in the GM Centre lobby.	
*Parent / Player / Staff Meeting takes place in the East Lounge.	
*Nutrition seminar takes place in the Leisure Room.	
*All meals take place in the restaurant	
*Fitness Testing is on the West Lounge.	
Time	Saturday, May 9
7:00 a.m.	Bus to GM Centre Departs
7:15-8:00 a.m.	Breakfast
8:30-9:20 a.m.	Practice - Main Rink
10:00-10:50 a.m.	Fitness Seminar
11:15-12:00 p.m.	Lunch
12:15-1:15 p.m.	OHL/Guest Speaker Panel
1:20 p.m.	Bus to Durham College Departs
1:30-4:00 p.m.	Mandatory Rest Period - All Players in Rooms
4:30 p.m.	Bus to GM Centre Departs
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.	Bus to Durham College Departs
	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.
10:00 p.m.	
10:30 p.m.	Curfew - Lights Out - All Players
Notes	
*OHL / Hockey Canada Panel takes place in the East Lounge.	
*Fitness seminar takes place in the Leisure Room.	
*All meals take place in the restaurant	
Time	Sunday, May 10
8:15 a.m.	Bus to Arena Departs - Players are to bring all personal belongings with them.
8:30-9:15 a.m.	Breakfast
11:00-12:30 p.m.	ATTACK VS. COLTS
12:45-1:30 p.m.	Lunch
1:30-2:20 p.m.	Sports Psychology
3:00-4:30 p.m.	KNIGHTS VS. COLTS
4:30-5:00 p.m.	Player Questionnaire
	Depart After Final Game
Notes	
*Sports Psychology takes place in the Leisure Room.	
*Player questionnaire location is to be determined.	
*All meals take place in the restaurant.	

ICE DOGS	
Time	Friday, May 8
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 Seminar
5:00-6:20 p.m.	Practice - Main Rink
6:30-7:45 p.m.	Fitness Testing
8:00-9:00 p.m.	Team Meal
9:00-9:15 p.m.	Bus to Durham College Departs
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
Notes	
*Player Registration takes place in the GM Centre lobby.	
*Parent / Player / Staff Meeting takes place in the East Lounge.	
*Nutrition seminar takes place in the Leisure Room.	
*All meals take place in the restaurant	
*Fitness Testing is on the West Lounge.	
Time	Saturday, May 9
7:00 a.m.	Bus to GM Centre Departs
7:15-8:00 a.m.	Breakfast
8:15-9:05 a.m.	Fitness Seminar
9:35-10:25 a.m.	Practice - Practice Rink
11:15-12:00 p.m.	Lunch
12:15-1:15 p.m.	OHL/Guest Speaker Panel
1:20 p.m.	Bus to Durham College Departs
1:20-3:15 p.m.	Mandatory Rest Period - All Players in Rooms
3:25 p.m.	Bus to GM Centre Departs
3:45-4:30 p.m.	Dinner
6:00-7:30 p.m.	ATTACK VS. ICE DOGS
7:30-9:00 p.m.	Watch COLTS vs. BULLS
9:00 p.m.	Snack at GM Centre
	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.
9:30 p.m.	
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.	
*Fitness seminar takes place in the Leisure Room.	
*All meals take place in the restaurant	
Time	Sunday, May 10
6:15 a.m.	Bus to Arena Departs - Players are to bring all personal belongings with them.
6:30-7:15 a.m.	Breakfast
8:00-9:30 a.m.	ICE DOGS VS KNIGHTS
10:00-10:50 a.m.	Sports Psychology
11:00-11:45 a.m.	Lunch
11:45-12:15 p.m.	Player Questionnaire
1:30-3:00 p.m.	BULLS VS. ICE DOGS
	Depart After Final Game
Notes	
*Sports Psychology takes place in the Leisure Room.	
*Player questionnaire location is to be determined.	
*All meals take place in the restaurant.	

**SCHEDULE SUBJECT TO CHANGE BASED ON FACILITY AVAILABILITY



**2009 OHF/OHL Under-16 Program of Excellence
May 7-9, 2010 - Oshawa, Ontario
TEAM SCHEDULES**



ATTACK	
Time	Friday, May 8
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 Seminar
5:00-6:20 p.m.	Practice - Practice Rink
6:30-7:45 p.m.	Fitness Testing
8:00-9:00 p.m.	Team Meal
9:00-9:15 p.m.	Bus to Durham College Departs
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
Notes *Player Registration takes place in the GM Centre lobby. *Parent / Player / Staff Meeting takes place in the East Lounge. *Nutrition seminar takes place in the Leisure Room. *All meals take place in the restaurant *Fitness Testing is on the West Lounge.	
Time	Saturday, May 9
7:00 a.m.	Bus to GM Centre Departs
7:15-8:00 a.m.	Breakfast
8:15-9:05 a.m.	Fitness Seminar
9:35-10:25 a.m.	Practice - Main Rink
11:00-11:45 a.m.	Lunch
12:15-1:15 p.m.	OHL/Guest Speaker Panel
1:20 p.m.	Bus to Durham College Departs
1:20-3:15 p.m.	Mandatory Rest Period - All Players in Rooms
3:25 p.m.	Bus to GM Centre Departs
3:45-4:30 p.m.	Dinner
6:00-7:30 p.m.	ATTACK 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.	Bus to Durham College Departs
	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.
10:00 p.m.	
10:30 p.m.	Curfew - Lights Out - All Players
Notes *OHL / Hockey Canada Panel takes place in the East Lounge. *Fitness seminar takes place in the Leisure Room. *All meals take place in the restaurant	
Time	Sunday, May 10
8:15 a.m.	Bus to Arena Departs - Players are to bring all personal belongings with them.
8:30-9:15 a.m.	Breakfast
11:00-12:30 p.m.	ATTACK VS. COLTS
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.	ATTACK VS. GENERALS
	Depart After Final Game
Notes *Sports Psychology takes place in the Leisure Room. *Player questionnaire location is to be determined. *All meals take place in the restaurant.	

GENERALS	
Time	Friday, May 8
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.	Fitness Testing
6:30-7:30 p.m.	Nutrition Seminar
8:00-9:00 p.m.	Team Meal
9:00-9:15 p.m.	Bus to Durham College Departs
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
Notes *Player Registration takes place in the GM Centre lobby. *Parent / Player / Staff Meeting takes place in the East Lounge. *Nutrition seminar takes place in the Leisure Room. *All meals take place in the restaurant *Fitness Testing is on the West Lounge.	
Time	Saturday, May 9
8:00 a.m.	Bus to GM Centre Departs
8:15-9:00 a.m.	Breakfast
9:05-9:55 a.m.	Fitness Seminar
10:40-11:30 a.m.	Practice - Practice Rink
11:30-12:10 p.m.	Lunch
12:15-1:15 p.m.	OHL/Guest Speaker Panel
1:20 p.m.	Bus to Durham College Departs
1:30-2:45 p.m.	Mandatory Rest Period - All Players in Rooms
2:45-3:15 p.m.	Light Snack at Durham College
3:25 p.m.	Bus to GM Centre Departs
4:30-6:00 p.m.	GENERALS VS. KNIGHTS
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
	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.
9:30 p.m.	
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. *Fitness seminar takes place in the Leisure Room. *All meals take place in the restaurant	
Time	Sunday, May 10
7:15 a.m.	Bus to Arena Departs - Players are to bring all personal belongings with them.
7:30-8:15 a.m.	Breakfast
9:30-11:00 a.m.	GENERALS VS. BULLS
11:30-12:15 p.m.	Lunch
12:45-1:35 p.m.	Sports Psychology
1:45-2:15 p.m.	Player Questionnaire
4:30-6:00 p.m.	ATTACK VS. GENERALS
	Depart After Final Game
Notes *Sports Psychology takes place in the Leisure Room. *Player questionnaire location is to be determined. *All meals take place in the restaurant.	

KNIGHTS	
Time	Friday, May 8
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.	Fitness Testing
5:00-6:00 p.m.	Nutrition Seminar
6:30-7:50 p.m.	Practice - Practice Rink
8:00-9:00 p.m.	Team Meal
9:00-9:15 p.m.	Bus to Durham College Departs
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
Notes *Player Registration takes place in the GM Centre lobby. *Parent / Player / Staff Meeting takes place in the East Lounge. *Nutrition seminar takes place in the Leisure Room. *All meals take place in the restaurant *Fitness Testing is on the West Lounge.	
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9:05-9:55 a.m.	Fitness Seminar
10:40-11:30 a.m.	Practice - Main Rink
11:30-12:10 p.m.	Lunch
12:15-1:15 p.m.	OHL/Guest Speaker Panel
1:20 p.m.	Bus to Durham College Departs
1:30-2:45 p.m.	Mandatory Rest Period - All Players in Rooms
2:45-3:15 p.m.	Light Snack at Durham College
3:25 p.m.	Bus to GM Centre Departs
4:30-6:00 p.m.	GENERALS VS. KNIGHTS
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
	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.
9:30 p.m.	
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. *Fitness seminar takes place in the Leisure Room. *All meals take place in the restaurant	
Time	Sunday, May 10
6:15 a.m.	Bus to Arena Departs - Players are to bring all personal belongings with them.
6:30-7:15 a.m.	Breakfast
8:00-9:30 a.m.	ICE DOGS VS KNIGHTS
10:00-10:50 a.m.	Sports Psychology
11:00-11:45 a.m.	Lunch
1:00-1:30 p.m.	Player Questionnaire
3:00-4:30 p.m.	KNIGHTS VS. COLTS
	Depart After Final Game
Notes *Sports Psychology takes place in the Leisure Room. *Player questionnaire location is to be determined. *All meals take place in the restaurant.	