



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



ICE DOGS	
Time	Friday, May 7
9:30-10:00 a.m.	Goaltender Registration
10:30-11:30 a.m.	Goaltender Only Practice
12:00-12:30 p.m.	Goaltender & Staff Lunch
12:30-1:00 p.m.	Player Registration
1:15-1:45 p.m.	Player/Parents/Staff Meeting
2:00-3:30 p.m.	Fitness Testing
4:00-4:45 p.m.	Nutrition Seminar
5:00 p.m.	Bus to Arena Departs
6:00-7:20 p.m.	Practice
7:45 p.m.	Bus to Laurentian University Departs
8:00-9:00 p.m.	Team Meal & Team Introduction/Building
10:00 p.m.	Room Check - All players in rooms
10:30 p.m.	Curfew - Lights Out - All Players
Notes	
*Registration takes place in the lobby of the Alphonse Raymond Building.	
*Parent / Player / Staff Meeting takes place at Laurentian University's Alphonse Raymond Building.	
*Nutrition Seminar takes place at Laurentian University's Alphonse Raymond Building in Classroom 125.	
*All meals take place at Laurentian University's Alphonse Raymond Building in the cafeteria.	
*Fitness testing takes place at Laurentian University's Alphonse Raymond Building in the gym.	
Time	Saturday, May 8
8:00-8:45 a.m.	Breakfast
9:00 a.m.	Bus to Arena Departs
9:35-10:25 a.m.	Practice
10:45 a.m.	Bus to Laurentian University Departs
11:15-12:15 p.m.	Fitness Seminar
12:15-1:00 p.m.	Lunch
1:45-2:45 p.m.	OHL/Guest Speaker Panel
2:45-4:00 p.m.	Mandatory Rest Period - All Players in Rooms
4:00-4:45 p.m.	Dinner
4:50 p.m.	Bus to Arena
6:00-7:30 p.m.	67'S VS. ICE DOGS
8:00 p.m.	Bus to Laurentian University Departs
8:30 p.m.	Snack at Laurentian University
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
Notes	
*Fitness seminar takes place at Laurentian University's Alphonse Raymond Building in Classroom 125.	
*All meals take place at Laurentian University's Alphonse Raymond Building in the cafeteria.	
*OHL Panel takes place at Laurentian University's Alphonse Raymond Building in the auditorium.	
Time	Sunday, May 9
6:15-7:00 a.m.	Breakfast
7:15 a.m.	Bus to Arena Departs
8:00-9:30 a.m.	ICE DOGS VS. WOLVES
9:50 a.m.	Bus to Laurentian University Departs
10:10-11:00 a.m.	Sports Psychology
11:00-12:00 p.m.	Lunch
12:00-12:30 p.m.	Player Questionnaire
12:30-1:00 p.m.	Checkout
1:00 p.m.	Bus to Arena Departs
2:30-4:00 p.m.	BULLS VS. ICE DOGS
	Depart After Final Game
Notes	
*Player Questionnaire takes place at Laurentian University's Alphonse Raymond Building in Classroom 125.	
*Sports Psychology seminar takes place at Countryside Arena in the viewing gallery.	
*All meals take place at Laurentian University's Alphonse Raymond Building in the cafeteria.	

67'S	
Time	Friday, May 7
9:30-10:00 a.m.	Goaltender Registration
10:30-11:30 a.m.	Goaltender Only Practice
12:00-12:30 p.m.	Goaltender & Staff Lunch
12:30-1:00 p.m.	Player Registration
1:15-1:45 p.m.	Player/Parents/Staff Meeting
2:00 p.m.	Bus to Arena Departs
3:00-4:20 p.m.	Practice
4:45 p.m.	Bus to Laurentian University Departs
5:30-6:30 p.m.	Fitness Testing
7:00-8:00 p.m.	Team Meal & Team Introduction/Building
8:00-8:45 p.m.	Nutrition Seminar
10:00 p.m.	Room Check - All players in rooms
10:30 p.m.	Curfew - Lights Out - All Players
Notes	
*Registration takes place in the lobby of the Alphonse Raymond Building.	
*Parent / Player / Staff Meeting takes place at Laurentian University's Alphonse Raymond Building.	
*Nutrition Seminar takes place at Laurentian University's Alphonse Raymond Building in Classroom 125.	
*All meals take place at Laurentian University's Alphonse Raymond Building in the cafeteria.	
*Fitness testing takes place at Laurentian University's Alphonse Raymond Building in the gym.	
Time	Saturday, May 8
7:00-7:40 a.m.	Breakfast
7:45 a.m.	Bus to Arena Departs
8:30-9:20 a.m.	Practice
9:50 a.m.	Bus to Laurentian University Departs
10:15-11:05 a.m.	Rest
11:15-12:15 p.m.	Fitness Seminar
12:15-1:00 p.m.	Lunch
1:45-2:45 p.m.	OHL/Guest Speaker Panel
2:45-4:00 p.m.	Mandatory Rest Period - All Players in Rooms
4:00-4:45 p.m.	Dinner
4:50 p.m.	Bus to Arena
6:00-7:30 p.m.	67'S VS. ICE DOGS
8:00 p.m.	Bus to Laurentian University Departs
8:30 p.m.	Snack at Laurentian University
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
Notes	
*Fitness seminar takes place at Laurentian University's Alphonse Raymond Building in Classroom 125.	
*All meals take place at Laurentian University's Alphonse Raymond Building in the cafeteria.	
*OHL Panel takes place at Laurentian University's Alphonse Raymond Building in the auditorium.	
Time	Sunday, May 9
6:15-7:00 a.m.	Breakfast
7:00-7:15 a.m.	Check Out
7:30-8:20 a.m.	Sports Psychology
8:30 a.m.	Bus to Arena Departs
9:30-11:00 a.m.	67'S VS. BULLS
11:20-12:00 p.m.	Lunch at the arena
12:00-12:15 p.m.	Player Questionnaire
1:00-2:30 p.m.	67'S VS. WOLVES
	Depart After Final Game
Notes	
*Player Questionnaire takes place at Countryside Arena.	
*Sports Psychology seminar takes place at Countryside Arena in the viewing gallery.	
*All meals take place at Laurentian University's Alphonse Raymond Building in the cafeteria.	

**SCHEDULE SUBJECT TO CHANGE BASED ON FACILITY AVAILABILITY



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BULLS	
Time	Friday, May 7
9:30-10:00 a.m.	Goaltender Registration
10:30-11:30 a.m.	Goaltender Only Practice
12:00-12:30 p.m.	Goaltender & Staff Lunch
12:30-1:00 p.m.	Player Registration
1:15-1:45 p.m.	Player/Parents/Staff Meeting
2:00-2:45 p.m.	Nutrition Seminar
3:15 p.m.	Bus to Arena Departs
4:30-5:50 p.m.	Practice
6:15 p.m.	Bus to Laurentian University Departs
7:00-7:45 p.m.	Team Meal & Team Introduction/Building
8:00-9:00 p.m.	Fitness Testing
10:00 p.m.	Room Check - All players in rooms
10:30 p.m.	Curfew - Lights Out - All Players
Notes	
*Registration takes place in the lobby of the Alphonse Raymond Building.	
*Parent / Player / Staff Meeting takes place at Laurentian University's Alphonse Raymond Building.	
*Nutrition Seminar takes place at Laurentian University's Alphonse Raymond Building in Classroom 125.	
*All meals take place at Laurentian University's Alphonse Raymond Building in the cafeteria.	
*Fitness testing takes place at Laurentian University's Alphonse Raymond Building in the gym.	
Time	Saturday, May 8
8:00-8:45 a.m.	Breakfast
8:45-9:45 a.m.	Fitness Seminar
10:00 a.m.	Bus to Arena Departs
10:40-11:30 a.m.	Practice
11:50 a.m.	Bus to Laurentian University Departs
12:15-1:00 p.m.	Lunch
1:45-2:45 p.m.	OHL/Guest Speaker Panel
2:45-5:00 p.m.	Mandatory Rest Period - All Players in Rooms
5:00-5:45 p.m.	Dinner
6:00 p.m.	Bus to Arena Departs
7:30-9:00 p.m.	WOLVES VS. BULLS
9:00 p.m.	Snack at Arena
9:30 p.m.	Bus to Laurentian University Departs
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
Notes	
*Fitness seminar takes place at Laurentian University's Alphonse Raymond Building in Classroom 125.	
*All meals take place at Laurentian University's Alphonse Raymond Building in the cafeteria.	
*OHL Panel takes place at Laurentian University's Alphonse Raymond Building in the auditorium.	
Time	Sunday, May 9
7:15-8:00 a.m.	Breakfast
8:00-8:20 a.m.	Check Out
8:30 a.m.	Bus to Arena Departs
9:30-11:00 a.m.	67'S VS. BULLS
11:20 a.m.	Bus to Laurentian University Departs
11:40-12:15 p.m.	Lunch
12:20-1:10 p.m.	Sports Psychology
1:10-1:30 p.m.	Player Questionnaire
1:30 p.m.	Bus to Arena Departs
2:30-4:00 p.m.	BULLS VS. ICE DOGS
	Depart After Final Game
Notes	
*Player Questionnaire takes place at Laurentian University's Alphonse Raymond Building in Classroom 125.	
*Sports Psychology seminar takes place at Countryside Arena in the viewing gallery.	
*All meals take place at Laurentian University's Alphonse Raymond Building in the cafeteria.	

WOLVES	
Time	Friday, May 7
9:30-10:00 a.m.	Goaltender Registration
10:30-11:30 a.m.	Goaltender Only Practice
12:00-12:30 p.m.	Goaltender & Staff Lunch
12:30-1:00 p.m.	Player Registration
1:15-1:45 p.m.	Player/Parents/Staff Meeting
2:00-3:30 p.m.	Fitness Testing
4:00-4:45 p.m.	Nutrition Seminar
5:00-6:00 p.m.	Team Meal & Team Introduction/Building
6:30 p.m.	Bus to Arena Departs
7:30-8:50 p.m.	Practice
9:15 p.m.	Bus to Laurentian University Departs
10:00 p.m.	Room Check - All players in rooms
10:30 p.m.	Curfew - Lights Out - All Players
Notes	
*Registration takes place in the lobby of the Alphonse Raymond Building.	
*Parent / Player / Staff Meeting takes place at Laurentian University's Alphonse Raymond Building.	
*Nutrition Seminar takes place at Laurentian University's Alphonse Raymond Building in Classroom 125.	
*All meals take place at Laurentian University's Alphonse Raymond Building in the cafeteria.	
*Fitness testing takes place at Laurentian University's Alphonse Raymond Building in the gym.	
Time	Saturday, May 8
8:45-9:30 a.m.	Breakfast
9:45-10:45 a.m.	Fitness Seminar
11:00 a.m.	Bus to Arena Departs
11:45-12:35 p.m.	Practice
12:45-1:15 p.m.	Lunch at Arena
1:20 p.m.	Bus to Laurentian University Departs
1:45-2:45 p.m.	OHL/Guest Speaker Panel
2:45-5:00 p.m.	Mandatory Rest Period - All Players in Rooms
5:00-5:45 p.m.	Dinner
6:00 p.m.	Bus to Arena
7:30-9:00 p.m.	WOLVES VS. BULLS
9:00 p.m.	Snack at Arena
9:30 p.m.	Bus to Laurentian University Departs
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
Notes	
*Fitness seminar takes place at Laurentian University's Alphonse Raymond Building in Classroom 125.	
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Time	Sunday, May 9
6:15 - 7:00 a.m.	Breakfast
7:15 a.m.	Bus to Arena Departs
8:00-9:30 a.m.	ICE DOGS VS. WOLVES
9:50 a.m.	Bus to Laurentian University Departs
10:10-11:00 a.m.	Sports Psychology
11:00-11:40 a.m.	Lunch
11:40-12:00 p.m.	Check out
12:00 p.m.	Bus to Arena Departs
1:00 - 2:30 p.m.	67'S VS. WOLVES
	Depart After Final Game
Notes	
*Player Questionnaire takes place at Laurentian University's Alphonse Raymond Building in the viewing gallery.	
*Sports Psychology seminar takes place at Countryside Arena in the viewing gallery.	
*All meals take place at Laurentian University's Alphonse Raymond Building in the cafeteria.	

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