



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



ICE DOGS	
Time	Friday, May 14
10:30-11:00 a.m.	Goaltender Registration
11:30-12:30 p.m.	Goaltender Only Practice
1:30-2:00 p.m.	Player Registration
2:15-2:30 p.m.	Player/Parents/Staff Meeting
3:00-5:00 p.m.	Fitness Testing
5:00-5:45 p.m.	Dinner
6:00-6:50 p.m.	Nutrition Seminar
7:20-8:40 p.m.	Practice
9:00 p.m.	Bus to St. Clair College Departs
10:00 p.m.	Room Check - All players in rooms
10:30 p.m.	Curfew - Lights Out - All Players
Notes: *Registration will take place in the lobby of the WFCU Centre. *Nutrition seminar will take place at the WFCU Centre in Room 1 (upper level). *Fitness testing will take place at the WFCU Centre in the Leisure gym. *Player/Parents/Staff Meeting will take place at the WFCU Centre in the Reception Hall. *All meals will take place at the WFCU Centre in the Reception Hall. *Ice Sessions - Rinks are to be determined.	
Time	Saturday, May 15
7:45 a.m.	Bus to Arena Departs
8:15-8:45 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
1:00-2:00 p.m.	OHL/Guest Speaker Panel
2:30 p.m.	Bus to St. Clair 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
5:30-7:00 p.m.	GENERALS VS. ICE DOGS
7:30 p.m.	Snack at Arena
8:00 p.m.	Bus to St. Clair 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
Notes: *Fitness Seminar will take place at the WFCU Centre in Room 2 (upper level). *OHL/Guest Speaker Panel will take place at the WFCU Centre in the Reception Hall. *All meals will take place at the WFCU Centre in the Reception Hall. *Ice Sessions - Rinks are to be determined.	
Time	Sunday, May 16
7:30 a.m.	Bus to Arena Departs - Players are to bring all personal belongings with them.
7:45-8:15 a.m.	Breakfast
9:00-10:30 a.m.	ICE DOGS VS. SPITFIRES
11:00-11:50 a.m.	Sports Psychology
12:00-1:00 p.m.	Lunch
1:00-1:30 p.m.	Player Questionnaire
2:30 p.m.	BULLS VS. ICE DOGS
	Depart After Final Game
Notes: *Player Questionnaire will take place in Room 1 (upper level). *Sports Psychology seminar will take place at the WFCU Centre in Room 2 (upper level). *All meals will take place at the WFCU Centre in the Reception Hall. *Ice Sessions - Rinks are to be determined.	

GENERALS	
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10:30-11:00 a.m.	Goaltender Registration
11:30-12:30 p.m.	Goaltender Only Practice
1:30-2:10 p.m.	Player Registration
2:15-2:30 p.m.	Player/Parents/Staff Meeting
3:00-5:00 p.m.	Fitness Testing
5:00-5:45 p.m.	Dinner
6:00-6:50 p.m.	Nutrition Seminar
7:20-8:40 p.m.	Practice
9:00 p.m.	Bus to St. Clair College Departs
10:00 p.m.	Room Check - All players in rooms
10:30 p.m.	Curfew - Lights Out - All Players
Notes: *Registration will take place in the lobby of the WFCU Centre. *Nutrition seminar will take place at the WFCU Centre in Room 1 (upper level). *Fitness testing will take place at the WFCU Centre in the Leisure gym. *Player/Parents/Staff Meeting will take place at the WFCU Centre in the Reception Hall. *All meals will take place at the WFCU Centre in the Reception Hall. *Ice Sessions - Rinks are to be determined.	
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12:00-12:45 p.m.	Lunch
1:00-2:00 p.m.	OHL/Guest Speaker Panel
2:30 p.m.	Bus to St. Clair 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
5:30-7:00 p.m.	GENERALS VS. ICE DOGS
7:30 p.m.	Snack at Arena
8:00 p.m.	Bus to St. Clair 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
Notes: *Fitness Seminar will take place at the WFCU Centre in Room 2 (upper level). *OHL/Guest Speaker Panel will take place at the WFCU Centre in the Reception Hall. *All meals will take place at the WFCU Centre in the Reception Hall. *Ice Sessions - Rinks are to be determined.	
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8:30-9:15 a.m.	Breakfast
10:00-11:30 a.m.	GENERALS VS. BULLS
11:45-12:30 p.m.	Lunch
12:35-1:25 p.m.	Sports Psychology
1:30-1:45 p.m.	Player Questionnaire
2:30 p.m.	GENERALS VS. SPITFIRES
	Depart After Final Game
Notes: *Player Questionnaire will take place in Room 1 (upper level). *Sports Psychology seminar will take place at the WFCU Centre in Room 2 (upper level). *All meals will take place at the WFCU Centre in the Reception Hall. *Ice Sessions - Rinks are to be determined.	

**SCHEDULE SUBJECT TO CHANGE BASED ON FACILITY AVAILABILITY



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BULLS	
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1:30-2:10 p.m.	Player Registration
2:15-2:30 p.m.	Player/Parents/Staff Meeting
3:00-4:20 p.m.	Practice
5:00-5:45	Dinner
6:00-6:50 p.m.	Nutrition Seminar
7:00-9:00 p.m.	Fitness Testing
9:00 p.m.	Bus to St. Clair College Departs
10:00 p.m.	Room Check - All players in rooms
10:30 p.m.	Curfew - Lights Out - All Players
Notes	
*Registration will take place in the lobby of the WFCU Centre.	
*Nutrition seminar will take place at the WFCU Centre in Room 1 (upper level).	
*Fitness testing will take place at the WFCU Centre in the Leisure gym.	
*Player/Parents/Staff Meeting will take place at the WFCU Centre in the Reception Hall.	
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10:45-11:35 a.m.	Practice
12:00-12:45 p.m.	Lunch
1:00-2:00 p.m.	OHL/Guest Speaker Panel
2:30 p.m.	Bus to St. Clair 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
7:30-9:00 p.m.	SPITFIRES VS. BULLS
9:00 p.m.	Snack at Arena
9:30 p.m.	Depart to St. Clair 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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2:30 p.m.	BULLS VS. ICE DOGS
	Depart After Final Game
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SPITFIRES	
Time	Friday, May 14
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1:30-2:10 p.m.	Player Registration
2:15-2:30 p.m.	Player/Parents/Staff Meeting
3:00-4:20 p.m.	Practice
5:00-5:45	Dinner
6:00-6:50 p.m.	Nutrition Seminar
7:00-9:00 p.m.	Fitness Testing
9:00 p.m.	Bus to St. Clair College Departs
10:00 p.m.	Room Check - All players in rooms
10:30 p.m.	Curfew - Lights Out - All Players
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1:00-2:00 p.m.	OHL/Guest Speaker Panel
2:30 p.m.	Bus to St. Clair 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
7:30-9:00 p.m.	SPITFIRES VS. BULLS
9:00 p.m.	Snack at Arena
9:30 p.m.	Bus to St. Clair 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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