



**2011 OHF/OHL Under-16 Program of Excellence  
April 29-May 1, 2011 - Oshawa, Ontario  
TENTATIVE TEAM SCHEDULES**



<b>ATTACK</b>	
<b>Time</b>	<b>Friday, April 29</b>
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
5:10-6:30 p.m.	Practice - Practice Rink
7:00-8:15 p.m.	Fitness Testing
8:15-9:00 p.m.	Team Meal
9:00-9:15 p.m.	Bus to Accommodations Departs
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
<b>Notes</b>	
*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.	
<b>Time</b>	<b>Saturday, April 30</b>
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
12:30-1:30 p.m.	OHL/Guest Speaker Panel
1:35 p.m.	Bus to Accommodations Departs
1:50-3:15 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
<b>6:00-7:30 p.m.</b>	<b>ATTACK VS. ICE DOGS</b>
7:30-9:00 p.m.	Watch COLTS vs. BULLS
9:00 p.m.	Snack at GM Centre
9:30 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
<b>Notes</b>	
*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	
<b>Time</b>	<b>Sunday, May 1</b>
8:15 a.m.	Bus to Arena Departs - Players are to bring all personal belongings with them.
8:30-9:15 a.m.	Breakfast
<b>11:00-12:30 p.m.</b>	<b>ATTACK VS. COLTS</b>
12:45-1:30 p.m.	Lunch
1:30-2:20 p.m.	Sports Psychology
2:30-3:00 p.m.	Player Questionnaire
<b>4:30-6:00 p.m.</b>	<b>ATTACK VS. GENERALS</b>
	Depart After Final Game
<b>Notes</b>	
*Sports Psychology takes place in the Leisure Room.	
*Player questionnaire location is to be determined.	
*All meals take place in the restaurant.	

<b>GENERALS</b>	
<b>Time</b>	<b>Friday, April 29</b>
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
5:30-6:45 p.m.	Fitness Testing
7:00-8:00 p.m.	Team Meal
8:00-9:00 p.m.	Nutrition Seminar
9:00-9:15 p.m.	Bus to Accommodations Departs
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
<b>Notes</b>	
*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.	
<b>Time</b>	<b>Saturday, April 30</b>
8:00 a.m.	Bus to GM Centre Departs
8:15-9:00 a.m.	Breakfast
9:05-9:55 a.m.	Fitness Seminar
10:50-11:40 a.m.	Practice - Practice Rink
11:55-12:25 p.m.	Lunch
12:30-1:30 p.m.	OHL/Guest Speaker Panel
1:35 p.m.	Bus to Accommodations Departs
1:50-3:00 p.m.	Mandatory Rest Period - All Players in Rooms
3:00-3:20 p.m.	Light Snack at Accommodations
3:25 p.m.	Bus to GM Centre Departs
<b>4:30-6:00 p.m.</b>	<b>GENERALS VS. KNIGHTS</b>
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
9:30 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
<b>Notes</b>	
*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	
<b>Time</b>	<b>Sunday, May 1</b>
7:15 a.m.	Bus to Arena Departs - Players are to bring all personal belongings with them.
7:30-8:15 a.m.	Breakfast
<b>9:30-11:00 a.m.</b>	<b>GENERALS VS. BULLS</b>
11:30-12:15 p.m.	Lunch
12:45-1:35 p.m.	Sports Psychology
1:45-2:15 p.m.	Player Questionnaire
<b>4:30-6:00 p.m.</b>	<b>ATTACK VS. GENERALS</b>
	Depart After Final Game
<b>Notes</b>	
*Sports Psychology takes place in the Leisure Room.	
*Player questionnaire location is to be determined.	
*All meals take place in the restaurant.	

<b>KNIGHTS</b>	
<b>Time</b>	<b>Friday, April 29</b>
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
6:40-8:00 p.m.	Practice - Practice Rink
8:15-9:00 p.m.	Team Meal
9:00-9:15 p.m.	Bus to Accommodations Departs
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
<b>Notes</b>	
*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.	
<b>Time</b>	<b>Saturday, April 30</b>
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 - Main Rink
11:55-12:25 p.m.	Lunch
12:30-1:30 p.m.	OHL/Guest Speaker Panel
1:35 p.m.	Bus to Accommodations Departs
1:50-3:00 p.m.	Mandatory Rest Period - All Players in Rooms
3:00-3:20 p.m.	Light Snack at Accommodations
3:25 p.m.	Bus to GM Centre Departs
<b>4:30-6:00 p.m.</b>	<b>GENERALS VS. KNIGHTS</b>
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
9:30 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
<b>Notes</b>	
*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	
<b>Time</b>	<b>Sunday, May 1</b>
6:15 a.m.	Bus to Arena Departs - Players are to bring all personal belongings with them.
6:30-7:15 a.m.	Breakfast
<b>8:00-9:30 a.m.</b>	<b>ICE DOGS VS KNIGHTS</b>
10:00-10:50 a.m.	Sports Psychology
11:00-11:45 a.m.	Lunch
1:00-1:30 p.m.	Player Questionnaire
<b>3:00-4:30 p.m.</b>	<b>KNIGHTS VS. COLTS</b>
	Depart After Final Game
<b>Notes</b>	
*Sports Psychology takes place in the Leisure Room.	
*Player questionnaire location is to be determined.	
*All meals take place in the restaurant.	

\*\*As of March 10. SCHEDULE SUBJECT TO CHANGE BASED ON FACILITY AVAILABILITY



**2011 OHF/OHL Under-16 Program of Excellence  
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TENTATIVE TEAM SCHEDULES**



<b>BULLS</b>	
<b>Time</b>	<b>Friday, April 29</b>
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
8:15-9:00 p.m.	Team Meal
9:00-9:15 p.m.	Bus to Accommodations Departs
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
<b>Notes</b> *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.	
<b>Time</b>	<b>Saturday, April 30</b>
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
12:30-1:30 p.m.	OHL/Guest Speaker Panel
1:35 p.m.	Bus to Accommodations Departs
1:50-4:00 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
<b>7:30-9:00 p.m.</b>	<b>COLTS VS. BULLS</b>
9:00 p.m.	Snack at GM Centre
9:30 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
<b>Notes</b> *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	
<b>Time</b>	<b>Sunday, May 1</b>
7:15 a.m.	Bus to Arena Departs - Players are to bring all personal belongings with them.
7:30-8:15 a.m.	Breakfast
<b>9:30-11:00 a.m.</b>	<b>GENERALS VS. BULLS</b>
11:00-11:45 a.m.	Lunch
11:45-12:35	Sports Psychology
<b>1:30-3:00 p.m.</b>	<b>BULLS VS. ICE DOGS</b>
3:00-3:30 p.m.	Player Questionnaire
	<b>Depart After Player Questionnaire</b>
<b>Notes</b> *Sports Psychology takes place in the Leisure Room. *Player questionnaire location is to be determined. *All meals take place in the restaurant.	

<b>COLTS</b>	
<b>Time</b>	<b>Friday, April 29</b>
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
5:30-6:45 p.m.	Fitness Testing
7:00-8:00 p.m.	Team Meal
8:00-9:00 p.m.	Nutrition Seminar
9:00-9:15 p.m.	Bus to Accommodations Departs
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
<b>Notes</b> *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.	
<b>Time</b>	<b>Saturday, April 30</b>
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
11:00-11:45 a.m.	Lunch
12:30-1:30 p.m.	OHL/Guest Speaker Panel
1:35 p.m.	Bus to Accommodations Departs
1:50-4:00 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
<b>7:30-9:00 p.m.</b>	<b>COLTS VS. BULLS</b>
9:00 p.m.	Snack at GM Centre
9:30 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
<b>Notes</b> *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	
<b>Time</b>	<b>Sunday, May 1</b>
8:15 a.m.	Bus to Arena Departs - Players are to bring all personal belongings with them.
8:30-9:15 a.m.	Breakfast
<b>11:00-12:30 p.m.</b>	<b>ATTACK VS. COLTS</b>
12:45-1:30 p.m.	Lunch
1:30-2:20 p.m.	Sports Psychology
<b>3:00-4:30 p.m.</b>	<b>KNIGHTS VS. COLTS</b>
4:30-5:00 p.m.	Player Questionnaire
	<b>Depart After Player Questionnaire</b>
<b>Notes</b> *Sports Psychology takes place in the Leisure Room. *Player questionnaire location is to be determined. *All meals take place in the restaurant.	

<b>ICE DOGS</b>	
<b>Time</b>	<b>Friday, April 29</b>
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
7:00-8:15 p.m.	Fitness Testing
8:15-9:00 p.m.	Team Meal
9:00-9:15 p.m.	Bus to Accommodations Departs
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
<b>Notes</b> *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.	
<b>Time</b>	<b>Saturday, April 30</b>
7:00 a.m.	Bus to GM Centre Departs
7:15-8:00 a.m.	Breakfast
8:15-9:05 a.m.	Fitness Seminar
9:45-10:35 a.m.	Practice - Practice Rink
11:00-11:45 a.m.	Lunch
12:30-1:30 p.m.	OHL/Guest Speaker Panel
1:35 p.m.	Bus to Accommodations Departs
1:50-3:15 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
<b>6:00-7:30 p.m.</b>	<b>ATTACK VS. ICE DOGS</b>
7:30-9:00 p.m.	Watch COLTS vs. BULLS
9:00 p.m.	Snack at GM Centre
9:30 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
<b>Notes</b> *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	
<b>Time</b>	<b>Sunday, May 1</b>
6:15 a.m.	Bus to Arena Departs - Players are to bring all personal belongings with them.
6:30-7:15 a.m.	Breakfast
<b>8:00-9:30 a.m.</b>	<b>ICE DOGS VS KNIGHTS</b>
10:00-10:50 a.m.	Sports Psychology
11:00-11:45 a.m.	Lunch
11:45-12:15 p.m.	Player Questionnaire
<b>1:30-3:00 p.m.</b>	<b>BULLS VS. ICE DOGS</b>
	<b>Depart After Final Game</b>
<b>Notes</b> *Sports Psychology takes place in the Leisure Room. *Player questionnaire location is to be determined. *All meals take place in the restaurant.	

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