



**2011 OHF/OHL Under-16 Program of Excellence
May 13-15, 2011 - Windsor, Ontario
TEAM SCHEDULES**



ICE DOGS	
Time	Friday, May 13
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
9:00-9:30 p.m.	Snack at WFCU
9:30 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 the Ontario Room (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 14
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
1:30 p.m.	Bus to St. Clair College Departs
1:45 - 3:45 p.m.	Rest
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 WFCU
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 the Ontario Room (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 15
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 & Player Questionnaire
2:00 p.m.	BULLS VS. ICE DOGS
	Depart After Final Game
Notes:	
*Sports Psychology seminar will take place at the WFCU Centre in the Ontario Room (upper level).	
*All meals will take place at the WFCU Centre in the Reception Hall.	
*Ice Sessions - Rinks are to be determined.	

GENERALS	
Time	Friday, May 13
10:30-11:00 a.m.	Goaltender Registration
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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
9:00-9:30 p.m.	Snack at WFCU
9:30 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.	
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12:00-12:45 p.m.	Lunch
1:00-2:00 p.m.	OHL/Guest Speaker Panel
1:30 p.m.	Bus to St. Clair College Departs
1:45 - 3:45 p.m.	Rest
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 WFCU
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
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8:15 a.m.	Bus to Arena Departs - Players are to bring all personal belongings with them.
8:30-9:15 a.m.	Breakfast
10:00-11:30 a.m.	GENERALS VS. BULLS
11:45-12:30 p.m.	Lunch & Player Questionnaire
12:35-1:25 p.m.	Sports Psychology
2:15 p.m.	GENERALS VS. SPITFIRES
	Depart After Final Game
Notes:	
*Sports Psychology seminar will take place at the WFCU Centre in the Ontario Room (upper level).	
*All meals will take place at the WFCU Centre in the Reception Hall.	
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**SCHEDULE SUBJECT TO CHANGE BASED ON FACILITY AVAILABILITY



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BULLS	
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3:00-4:20 p.m.	Practice
5:00-5:50 p.m.	Nutrition Seminar
6:00-6:50 p.m.	Dinner
7:00-9:00 p.m.	Fitness Testing
9:00 p.m.	Snack at WFCU
9:30 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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10:45-11:35 a.m.	Practice
12:00-12:45 p.m.	Lunch
1:00-2:00 p.m.	OHL/Guest Speaker Panel
1:30 p.m.	Bus to St. Clair College Departs
2:45 - 5:00 p.m.	Rest
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 WFCU
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
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SPITFIRES	
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3:00-4:20 p.m.	Practice
5:00-5:50 p.m.	Nutrition Seminar
6:00-6:50 p.m.	Dinner
7:00-9:00 p.m.	Fitness Testing
9:00 p.m.	Snack at WFCU
9:30 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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12:00-12:45 p.m.	Lunch
1:00-2:00 p.m.	OHL/Guest Speaker Panel
1:30 p.m.	Bus to St. Clair College Departs
2:45 - 5:00 p.m.	Rest
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 WFCU
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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