

Coach Mentoring On Ice Schedule November 20 to November 22, 2009

Frank Lacroix Arena

20-Nov-09	5:30 PM to 6:45 PM	Demo Session	Atom 4 Atom 9
20-Nov-09	7:00 PM to 8:15 PM	Regular Practice	Atom5 Atom 6
20-Nov-09	7:00 PM to 8:15 PM	Preptime	(Atom AA & Pee Wee 2 Coaches)
20-Nov-09	8:30 PM to 9:45 PM	Practice	Atom AA Pee Wee2

MacDonald Island #2

21-Nov-09	8:15 AM to 9:15 AM	Demo Session	Novice 1 Novice 3
21-Nov-09	9:15 AM to 10:15 AM	Demo Session	Novice 4 Novice 2
21-Nov-09	10:30 AM to 11:30 AM	Regular Practice	Novice 5 Novice 6
21-Nov-09	10:30 AM to 11:30 AM	Preptime	(Novice 7 & Novice 8 Coaches)
21-Nov-09	11:45 AM to 12:45 AM	Practice	Novice 7 Novice 8
21-Nov-09	1:00 PM to 2:15 PM	Regular Practice	Atom 1 Atom 2
21-Nov-09	1:00 PM to 2:15 PM	Preptime	(Atom 7 & Atom 8 Coaches)
21-Nov-09	2:30 PM to 3:45 PM	Practice	Atom 7 & Atom 8

MacDonald Island #2

22-Nov-09	8:00 AM to 9:00 AM	Demo Session	Novice 10 Novice 2
22-Nov-09	9:15 AM to 10:15 AM	Regular Practice	Novice 9 Novice 11
22-Nov-09	9:15 AM to 10:15 AM	Preptime	(Atom AA & Pee Wee 4 Coaches)
22-Nov-09	10:15 AM to 11:15 AM	Practice	Atom AA Pee Wee 4
22-Nov-09	11:30 AM to 12:30 AM	Regular Practice	Pee Wee 6 Pee Wee 9
22-Nov-09	11:30 AM to 12:30 AM	Preptime	(Pee Wee 7 & Pee Wee 8 Coaches)
22-Nov-09	12:45 PM to 1:45 PM	Practice	Pee Wee 7 Pee Wee 8

Ice times in RED are to be used as REGULAR PRACTICE ice times by coaches. With the change in format Bjorn will be doing the prep and practice with the teams listed in BOLD and indicated by Preptime and Practice.

Coaches please take note of the schedule and be prepared to partake in the Preparation Time before your practices highlighted in **BOLD**. This is for you to sit down with Bjorn, discuss what you would like to accomplish in the practice, design the practice with him, and then carry it out.

You can send Bjorn an email to kinding@telusplanet.net in advance to start the process if you feel like it would help; it might make the preparation go a lot smoother.

Any questions contact me at hockeyops.fmmha@telus.net

Thank you Coaches!

Roland Saunders
Hockey Operations Coordinator
FMMHA