



PRACTICE SCHEDULE
November 1 - December 31, 2019
No Ice - Select times on Nov.11,28,29,30-Dec 1
Listed by Division Posted: November 1st, 2019



Fun 1&2

Date	Arena	Start Time	End Time	Division	Practice/Game
Sunday, Nov 3rd	Sportsplex Rink 1	8:30 AM	9:30 AM	Fun 1/ Fun 2	Practice
Sunday, Nov 3rd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Thursday, Nov 7th	Sportsplex Rink 1	5:00 PM	6:00 PM	Fun 1/ Fun 2	Practice
Sunday, Nov 9th	Sportsplex Rink 1	8:30 AM	9:30 AM	Fun 1/ Fun 2	Practice
Thursday, Nov 14th	Sportsplex Rink 1	5:00 PM	6:00 PM	Fun 1/ Fun 2	Practice
Sunday, Nov 17th	Sportsplex Rink 1	8:30 AM	9:30 AM	Fun 1/ Fun 2	Practice
Sunday, Nov 17th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Thursday, Nov 21st	Sportsplex Rink 1	5:00 PM	6:00 PM	Fun 1/ Fun 2	Practice
Sunday, Nov 24th	Sportsplex Rink 1	8:30 AM	9:30 AM	Fun 1/ Fun 2	Practice
Tuesday, Nov 26th	Sportsplex Rink 1	5:15 PM	6:15 PM	Fun 1/ Fun 2	Practice
Thursday, Dec. 5th	Sportsplex Rink 1	5:00 PM	6:00 PM	Fun 1/ Fun 2	Practice
Sunday, Dec. 8th	Sportsplex Rink 1	8:30 AM	9:30 AM	Fun 1/ Fun 2	Practice
Sunday, Dec 8th	Sportsplex Rink 1	9:45 AM	10:45 AM	All	Goalie Dev
Thursday, Dec. 12th	Sportsplex Rink 1	5:00 PM	6:00 PM	Fun 1/ Fun 2	Practice
Sunday, Dec. 15th	Sportsplex Rink 1	8:30 AM	9:30 AM	Fun 1/ Fun 2	Practice
Thursday, Dec. 19th	Sportsplex Rink 1	5:00 PM	6:00 PM	Fun 1/ Fun 2	Practice
Sunday, Dec. 22nd	Sportsplex Rink 1	8:30 AM	9:30 AM	Fun 1/ Fun 2	Practice
Sunday, Dec 22nd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev

U10 - 1

Date	Arena	Start Time	End Time	Division	Practice/Game
Sunday, Nov 3rd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Monday, Nov 4th	Aldergrove CCA	6:00 PM	7:00 PM	U10	Power Skating
Tuesday, Nov 5th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Tuesday, Nov 12th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Sunday, Nov 17th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Nov 19th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Monday, Nov 25th	Aldergrove CCA	6:00 PM	7:00 PM	U10	Skills - Drills
Tuesday, Dec. 3rd	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Sunday, Dec 8th	Sportsplex Rink 1	9:45 AM	10:45 AM	All	Goalie Dev
Monday, Dec. 9th	Aldergrove CCA	6:00 PM	7:00 PM	U10	Power Skating
Tuesday, Dec. 10th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Tuesday, Dec. 17th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Sunday, Dec 22nd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Monday, Dec. 23rd	Aldergrove CCA	6:00 PM	7:00 PM	U10	Skills - Drills

U10 - 2

Date	Arena	Start Time	End Time	Division	Practice/Game
Sunday, Nov 3rd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Monday, Nov 4th	Aldergrove CCA	6:00 PM	7:00 PM	U10	Power Skating
Tuesday, Nov 5th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Tuesday, Nov 12th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Sunday, Nov 17th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Nov 19th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Monday, Nov 25th	Aldergrove CCA	6:00 PM	7:00 PM	U10	Skills - Drills
Tuesday, Dec. 3rd	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Sunday, Dec 8th	Sportsplex Rink 1	9:45 AM	10:45 AM	All	Goalie Dev
Monday, Dec. 9th	Aldergrove CCA	6:00 PM	7:00 PM	U10	Power Skating
Tuesday, Dec. 10th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Tuesday, Dec. 17th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Sunday, Dec 22nd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Monday, Dec. 23rd	Aldergrove CCA	6:00 PM	7:00 PM	U10	Skills - Drills

U12 - 1

Date	Arena	Start Time	End Time	Division	Practice/Game
Sunday, Nov 3rd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Nov 5th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Tuesday, Nov 12th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Monday, Nov 18th	Aldergrove CCA	6:00 PM	7:00 PM	U12	Power Skating
Sunday, Nov 17th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Nov 19th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Tuesday, Nov 26th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Monday, Dec. 2nd	Aldergrove CCA	6:00 PM	7:00 PM	U12	Skills - Drills
Tuesday, Dec. 3rd	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Sunday, Dec 8th	Sportsplex Rink 1	9:45 AM	10:45 AM	All	Goalie Dev
Tuesday, Dec. 10th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Monday, Dec. 16th	Aldergrove CCA	6:00 PM	7:00 PM	U12	Power Skating
Tuesday, Dec. 17th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Sunday, Dec 22nd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev

U12 - 2

Date	Arena	Start Time	End Time	Division	Practice/Game
Sunday, Nov 3rd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Nov 5th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Tuesday, Nov 12th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Monday, Nov 18th	Aldergrove CCA	6:00 PM	7:00 PM	U12	Power Skating
Sunday, Nov 17th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Nov 19th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Tuesday, Nov 26th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Monday, Dec. 2nd	Aldergrove CCA	6:00 PM	7:00 PM	U12	Skills - Drills
Tuesday, Dec. 3rd	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Sunday, Dec 8th	Sportsplex Rink 1	9:45 AM	10:45 AM	All	Goalie Dev
Tuesday, Dec. 10th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Monday, Dec. 16th	Aldergrove CCA	6:00 PM	7:00 PM	U12	Power Skating
Tuesday, Dec. 17th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Sunday, Dec 22nd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev

U14 - Zone

Date	Arena	Start Time	End Time	Division	Practice/Game
Sunday, Nov 3rd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Nov 5th	Surrey SLC	7:45 PM	8:45 PM	U14 Zone	Practice
Tuesday, Nov 12th	Sportsplex Rink 1	6:15 PM	7:15 PM	U14 Zone	Practice
Sunday, Nov 17th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Nov 19th	Surrey SLC	7:45 PM	8:45 PM	U14 Zone	Practice
Tuesday, Dec. 3rd	Surrey SLC	7:45 PM	8:45 PM	U14 Zone	Practice
Sunday, Dec 8th	Sportsplex Rink 1	9:45 AM	10:45 AM	All	Goalie Dev
Tuesday, Dec. 10th	Sportsplex Rink 1	6:15 PM	7:15 PM	U14 Zone	Practice
Tuesday, Dec. 17th	Surrey SLC	7:45 PM	8:45 PM	U14 Zone	Practice
Sunday, Dec 22nd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev

U14 Club

Date	Arena	Start Time	End Time	Division	Practice/Game
Sunday, Nov 3rd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Monday, Nov 4th	Aldergrove CCA	7:00 PM	8:00 PM	U14	Power Skating
Tuesday, Nov 5th	Sportsplex Rink 1	6:15 PM	7:15 PM	U14 Club	Practice
Tuesday, Nov 12th	Sportsplex Rink 2	6:30 PM	7:30 PM	U14/U16	Practice
Sunday, Nov 17th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Nov 19th	Sportsplex Rink 1	6:15 PM	7:15 PM	U14 Club	Practice
Monday, Nov 25th	Aldergrove CCA	7:00 PM	8:00 PM	U14	Skills - Drills
Sunday, Dec 8th	Sportsplex Rink 1	9:45 AM	10:45 AM	All	Goalie Dev
Monday, Dec. 9th	Aldergrove CCA	7:00 PM	8:00 PM	U14	Power Skating
Tuesday, Dec. 3rd	Sportsplex Rink 1	6:15 PM	7:15 PM	U14 Club	Practice
Tuesday, Dec. 10th	Sportsplex Rink 2	6:30 PM	7:30 PM	U14 /16	Practice
Tuesday, Dec. 17th	Sportsplex Rink 1	6:15 PM	7:15 PM	U14 Club	Practice
Sunday, Dec 22nd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev

Monday, Dec. 23rd	Aldergrove CCA	7:00 PM	8:00 PM	U14	Skills - Drills
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U16

Date	Arena	Start Time	End Time	Division	Practice/Game
Sunday, Nov 3rd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Nov 5th	Sportsplex Rink 2	6:30 PM	7:30 PM	U16	Practice
Tuesday, Nov 12th	Sportsplex Rink 2	6:30 PM	7:30 PM	U16/U14	Practice
Monday, Nov 18th	Aldergrove CCA	7:00 PM	8:00 PM	U16	Power Skating
Sunday, Nov 17th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Nov 19th	Sportsplex Rink 2	6:30 PM	7:30 PM	U16	Practice
Monday, Dec. 2nd	Aldergrove CCA	7:00 PM	8:00 PM	U16	Power Skating
Tuesday, Dec. 3rd	Sportsplex Rink 2	6:30 PM	7:30 PM	U16	Practice
Sunday, Dec 8th	Sportsplex Rink 1	9:45 AM	10:45 AM	All	Goalie Dev
Tuesday, Dec. 10th	Sportsplex Rink 2	6:30 PM	7:30 PM	U16/U14	Practice
Monday, Dec. 16th	Aldergrove CCA	7:00 PM	8:00 PM	U16	Power Skating
Tuesday, Dec. 17th	Sportsplex Rink 2	6:30 PM	7:30 PM	U16	Practice
Sunday, Dec 22nd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev

OPEN A

Date	Arena	Start Time	End Time	Division	Practice/Game
Sunday, Nov 3rd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Nov 5th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Tuesday, Nov 12th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Sunday, Nov 17th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Nov 19th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Tuesday, Nov 26th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Tuesday, Dec. 3rd	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Tuesday, Dec. 10th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Tuesday, Dec. 17th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice

OPEN B

Date	Arena	Start Time	End Time	Division	Practice/Game
Sunday, Nov 3rd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Nov 5th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Tuesday, Nov 12th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Sunday, Nov 17th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Nov 19th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Tuesday, Nov 26th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Tuesday, Dec. 3rd	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Tuesday, Dec. 10th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Tuesday, Dec. 17th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice

Masters

Date	Arena	Start Time	End Time	Division	Practice/Game
Sunday, Nov 3rd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Saturday, Nov 16th	Sportsplex Rink 3	7:45 PM	8:45 PM	Masters	Practice
Sunday, Nov 17th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Saturday, Nov 23rd	Sportsplex Rink 3	7:45 PM	8:45 PM	Masters	Practice
Saturday, Dec. 7th	Sportsplex Rink 3	7:45 PM	8:45 PM	Masters	Practice
Saturday, Dec. 28th	George Preston	12:15 PM	1:15 PM	Masters	Practice