



**PRACTICE SCHEDULE**  
**January 1 - March 12, 2020**  
**No Ice - Select times throught the Months**  
**Listed by Division Posted: December 29, 2019**



## Fun 1 & 2

Date	Arena	Start Time	End Time	Division	Practice/Game
Thursday, Jan. 2nd	George Preston	6:00 PM	7:00 PM	Fun 1/ Fun 2	Practice
Thursday, Jan. 9th	Sportsplex Rink 1	5:00 PM	6:00 PM	Fun 1/ Fun 2	Practice
Sunday, Jan. 12th	Sportsplex Rink 1	8:30 AM	9:30 AM	Fun 1/ Fun 2	Practice
Sunday, Jan. 12th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Thursday, Jan. 16th	Sportsplex Rink 1	5:00 PM	6:00 PM	Fun 1/ Fun 2	Practice
Sunday, Jan. 19th	Sportsplex Rink 1	8:30 AM	9:30 AM	Fun 1/ Fun 2	Practice
Thursday, Jan. 23rd	Sportsplex Rink 1	5:00 PM	6:00 PM	Fun 1/ Fun 2	Practice
Sunday, Jan. 26th	Sportsplex Rink 1	8:30 AM	9:30 AM	Fun 1/ Fun 2	Practice
Sunday, Jan. 26th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Thursday, Jan. 30th	Sportsplex Rink 2	5:00 PM	6:00 PM	Fun 1/ Fun 2	Practice
Thursday, Feb 6th	Sportsplex Rink 1	5:00 PM	6:00 PM	Fun 1/ Fun 2	Practice
Sunday, Feb 9th	Sportsplex Rink 1	8:30 AM	9:30 AM	Fun 1/ Fun 2	Practice
Sunday, Feb 9th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Thursday, Feb. 13th	Sportsplex Rink 1	5:00 PM	6:00 PM	Fun 1/ Fun 2	Practice
Sunday, Feb 16th	Sportsplex Rink 3	8:15 AM	9:15 AM	Fun 1/ Fun 2	Practice
Thursday, Feb 20th	Sportsplex Rink 1	5:00 PM	6:00 PM	Fun 1/ Fun 2	Practice
Sunday, Feb 23rd	Sportsplex Rink 1	8:30 AM	9:30 AM	Fun 1/ Fun 2	Practice
Sunday, Feb 23rd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Thursday, Feb 27th	Sportsplex Rink 1	5:00 PM	6:00 PM	Fun 1/ Fun 2	Practice
Sunday, Mar 1st	Sportsplex Rink 1	8:30 AM	9:30 AM	Fun 1/ Fun 2	Practice
Thursday, Mar. 5th	Sportsplex Rink 1	5:00 PM	6:00 PM	Fun 1/ Fun 2	Practice
Sunday, Mar 8th	Sportsplex Rink 1	8:30 AM	9:30 AM	Fun 1/ Fun 2	Practice
Thursday, Mar. 12th	Sportsplex Rink 1	5:00 PM	6:00 PM	Fun 1/ Fun 2	Practice

## U10 - 1

Date	Arena	Start Time	End Time	Division	Practice/Game
Monday, Jan. 6th	Aldergrove CCA	6:00 PM	7:00 PM	U10	Power Skating
Tuesday, Jan. 7th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Sunday, Jan. 12th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Jan.14th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Monday, Jan. 20th	Aldergrove CCA	6:00 PM	7:00 PM	U10	Skills - Drills
Tuesday, Jan.21st	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Sunday, Jan. 26th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Jan.28th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Monday, Feb 3rd	Aldergrove CCA	6:00 PM	7:00 PM	U10	Power Skating
Tuesday, Feb 4th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Sunday, Feb 9th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Feb 11th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Tuesday, Feb 18th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Sunday, Feb 23rd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Monday, Feb 24th	Aldergrove CCA	6:00 PM	7:00 PM	U10	Skills - Drills
Tuesday, Feb 25th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Tuesday, Mar. 3rd	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Tuesday, Mar. 10th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice

## U10 - 2

Date	Arena	Start Time	End Time	Division	Practice/Game
Monday, Jan. 6th	Aldergrove CCA	6:00 PM	7:00 PM	U10	Power Skating
Tuesday, Jan. 7th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Sunday, Jan. 12th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Jan.14th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Monday, Jan. 20th	Aldergrove CCA	6:00 PM	7:00 PM	U10	Skills - Drills
Tuesday, Jan.21st	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Sunday, Jan. 26th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Jan.28th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice

Monday, Feb 3rd	Aldergrove CCA	6:00 PM	7:00 PM	U10	Power Skating
Tuesday, Feb 4th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Sunday, Feb 9th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Feb 11th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Tuesday, Feb 18th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Sunday, Feb 23rd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Monday, Feb 24th	Aldergrove CCA	6:00 PM	7:00 PM	U10	Skills - Drills
Tuesday, Feb 25th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Tuesday, Mar. 3rd	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice
Tuesday, Mar. 10th	Sportsplex Rink 2	5:15 PM	6:15 PM	U10 1/2	Practice

## U12 - 1

Date	Arena	Start Time	End Time	Division	Practice/Game
Tuesday, Jan. 7th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Sunday, Jan. 12th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Monday, Jan. 13th	Aldergrove CCA	6:00 PM	7:00 PM	U12	Power Skating
Tuesday, Jan.14th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Tuesday, Jan.21st	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Sunday, Jan. 26th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Monday, Jan. 27th	Aldergrove CCA	6:00 PM	7:00 PM	U12	Skills - Drills
Tuesday, Jan.28th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Tuesday, Feb 4th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Sunday, Feb 9th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Monday, Feb 10th	Aldergrove CCA	6:00 PM	7:00 PM	U12	Power Skating
Tuesday, Feb 11th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Tuesday, Feb 18th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Sunday, Feb 23rd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Feb 25th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Monday, Mar. 2nd	Aldergrove CCA	6:00 PM	7:00 PM	U12	Skills - Drills
Tuesday, Mar. 3rd	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Tuesday, Mar. 10th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice

## U12 - 2

Date	Arena	Start Time	End Time	Division	Practice/Game
Tuesday, Jan. 7th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Sunday, Jan. 12th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Monday, Jan. 13th	Aldergrove CCA	6:00 PM	7:00 PM	U12	Power Skating
Tuesday, Jan.14th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Tuesday, Jan.21st	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Sunday, Jan. 26th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Monday, Jan. 27th	Aldergrove CCA	6:00 PM	7:00 PM	U12	Skills - Drills
Tuesday, Jan.28th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Tuesday, Feb 4th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Sunday, Feb 9th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Monday, Feb 10th	Aldergrove CCA	6:00 PM	7:00 PM	U12	Power Skating
Tuesday, Feb 11th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Tuesday, Feb 18th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Sunday, Feb 23rd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Feb 25th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Monday, Mar. 2nd	Aldergrove CCA	6:00 PM	7:00 PM	U12	Skills - Drills
Tuesday, Mar. 3rd	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice
Tuesday, Mar. 10th	Sportsplex Rink 3	5:45 PM	6:45 PM	U12 1/2	Practice

## U14 - Zone

Date	Arena	Start Time	End Time	Division	Practice/Game
Monday, Jan. 6th	Aldergrove CCA	7:00 PM	8:00 PM	U14	Power Skating
Tuesday, Jan. 7th	Sportsplex Rink 1	6:15 PM	7:15 PM	U14 Zone	Practice
Sunday, Jan. 12th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Jan.14th	SSLC # 3 - H	6:30 PM	7:30 PM	U14 Zone	Practice
Monday, Jan. 20th	Aldergrove CCA	7:00 PM	8:00 PM	U14	Skills - Drills
Tuesday, Jan.21st	Sportsplex Rink 1	6:15 PM	7:15 PM	U14 Zone	Practice
Sunday, Jan. 26th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Jan.28th	SSLC # 3 - F	7:45 PM	8:45 PM	U14 Zone	Practice

Monday, Feb 3rd	Aldergrove CCA	7:00 PM	8:00 PM	U14	Power Skating
Tuesday, Feb 4th	Sportsplex Rink 1	6:15 PM	7:15 PM	U14 Zone	Practice
Sunday, Feb 9th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Monday, Feb 10th	South Surrey - H	7:15 PM	8:15 PM	U14 Zone	Practice
Tuesday, Feb 18th	Sportsplex Rink 1	6:15 PM	7:15 PM	U14 Zone	Practice
Sunday, Feb 23rd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Monday, Feb 24th	Aldergrove CCA	7:00 PM	8:00 PM	U14	Skills - Drills
Tuesday, Feb 25th	SSLC # 3 - H	7:45 PM	8:45 PM	U14 Zone	Practice
Tuesday, Mar. 3rd	Sportsplex Rink 1	6:15 PM	7:15 PM	U14 Zone	Practice
Tuesday, Mar. 10th	SSLC # 3 - F	7:45 PM	8:45 PM	U14 Zone	Practice

## U14 Club

Date	Arena	Start Time	End Time	Division	Practice/Game
Monday, Jan. 6th	Aldergrove CCA	7:00 PM	8:00 PM	U14	Power Skating
Tuesday, Jan. 7th	Sportsplex Rink 2	6:30 PM	7:30 PM	U14C/U16	Practice
Sunday, Jan. 12th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Jan.14th	Sportsplex Rink 2	6:15 PM	7:15 PM	U14 Club	Practice
Monday, Jan. 20th	Aldergrove CCA	7:00 PM	8:00 PM	U14	Skills - Drills
Tuesday, Jan.21st	Sportsplex Rink 2	6:30 PM	7:30 PM	U14C/U16	Practice
Sunday, Jan. 26th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Jan.28th	Sportsplex Rink 2	6:15 PM	7:15 PM	U14 Club	Practice
Monday, Feb 3rd	Aldergrove CCA	7:00 PM	8:00 PM	U14	Power Skating
Tuesday, Feb 4th	Sportsplex Rink 2	6:30 PM	7:30 PM	U14C/U16	Practice
Sunday, Feb 9th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Feb 11th	Sportsplex Rink 2	6:15 PM	7:15 PM	U14 Club	Practice
Tuesday, Feb 18th	Sportsplex Rink 2	6:30 PM	7:30 PM	U14C/U16	Practice
Sunday, Feb 23rd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Monday, Feb 24th	Aldergrove CCA	7:00 PM	8:00 PM	U14	Skills - Drills
Tuesday, Feb 25th	Sportsplex Rink 2	6:15 PM	7:15 PM	U14 Club	Practice
Tuesday, Mar. 3rd	Sportsplex Rink 2	6:30 PM	7:30 PM	U14C/U16	Practice
Tuesday, Mar. 10th	Sportsplex Rink 2	6:15 PM	7:15 PM	U14 Club	Practice

## U16

Date	Arena	Start Time	End Time	Division	Practice/Game
Tuesday, Jan. 7th	Sportsplex Rink 2	6:30 PM	7:30 PM	U16 / U14C	Practice
Sunday, Jan. 12th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Monday, Jan. 13th	Aldergrove CCA	7:00 PM	8:00 PM	U16	Power Skating
Tuesday, Jan.14th	Sportsplex Rink 2	6:30 PM	7:30 PM	U16	Practice
Tuesday, Jan.21st	Sportsplex Rink 2	6:30 PM	7:30 PM	U16 / U14C	Practice
Sunday, Jan. 26th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Monday, Jan. 27th	Aldergrove CCA	7:00 PM	8:00 PM	U16	Power Skating
Tuesday, Jan.28th	Sportsplex Rink 2	6:30 PM	7:30 PM	U16	Practice
Tuesday, Feb 4th	Sportsplex Rink 2	6:30 PM	7:30 PM	U16 / U14C	Practice
Sunday, Feb 9th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Monday, Feb 10th	Aldergrove CCA	7:00 PM	8:00 PM	U16	Power Skating
Tuesday, Feb 11th	Sportsplex Rink 2	6:30 PM	7:30 PM	U16	Practice
Tuesday, Feb 18th	Sportsplex Rink 2	6:30 PM	7:30 PM	U16 / U14C	Practice
Sunday, Feb 23rd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Monday, Feb 24th	Aldergrove CCA	7:00 PM	8:00 PM	U14	Skills - Drills
Tuesday, Feb 25th	Sportsplex Rink 2	6:30 PM	7:30 PM	U16	Practice
Monday, Mar. 2nd	Aldergrove CCA	7:00 PM	8:00 PM	U16	Power Skating
Tuesday, Mar. 3rd	Sportsplex Rink 2	6:30 PM	7:30 PM	U16 / U14C	Practice
Tuesday, Mar. 10th	Sportsplex Rink 2	6:30 PM	7:30 PM	U16	Practice

## OPEN A

Date	Arena	Start Time	End Time	Division	Practice/Game
Tuesday, Jan. 7th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Sunday, Jan. 12th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Jan.14th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Tuesday, Jan.21st	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Sunday, Jan. 26th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Jan.28th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Tuesday, Feb 4th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice

Sunday, Feb 9th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Feb 11th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Tuesday, Feb 18th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Sunday, Feb 23rd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Feb 25th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Tuesday, Mar. 3rd	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Tuesday, Mar. 10th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice

## OPEN B

Date	Arena	Start Time	End Time	Division	Practice/Game
Tuesday, Jan. 7th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Sunday, Jan. 12th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Jan.14th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Tuesday, Jan.21st	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Sunday, Jan. 26th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Jan.28th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Tuesday, Feb 4th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Sunday, Feb 9th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Feb 11th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Tuesday, Feb 18th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Sunday, Feb 23rd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Tuesday, Feb 25th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Tuesday, Mar. 3rd	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice
Tuesday, Mar. 10th	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A / B	Practice

## Masters

Date	Arena	Start Time	End Time	Division	Practice/Game
Sunday, Jan. 12th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Saturday, Jan. 25th	Sportsplex Rink 3	7:45 PM	8:45 PM	Masters	Practice/Game
Sunday, Jan. 26th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Sunday, Feb 9th	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Saturday, Feb 8th	Sportsplex Rink 3	7:45 PM	8:45 PM	Masters	Game/Practice
Sunday, Feb 23rd	Sportsplex Rink 1	9:45 AM	10:45 AM	ALL	Goalie Dev
Saturday, Feb 22nd	Sportsplex Rink 3	7:45 PM	8:45 PM	Masters	Practice/Game
Saturday, Feb. 29th	Sportsplex Rink 3	7:45 PM	8:45 PM	Masters	Practice/Game
Saturday, Mar. 7th	Sportsplex Rink 3	7:45 PM	8:45 PM	Masters	Practice/Game