



FUNDamentals Program

FUN's Home and Away mean that the ice time is for the home team
The Away ice time will be given at a later date.

Fun 1's

Date	Arena	Start Time	End Time	Team
Thursday, Jan 9 2025	Sportsplex Rink 1	5:00 PM	6:00 PM	FUN 1
Sunday, Jan 12 2025	Sportsplex Rink 1	12:00 PM	1:00 PM	FUN 1
Tuesday, Jan 14 2025	Sportsplex Rink 2	5:15 PM	6:15 PM	FUNDamentals 1 & 2
Monday, Jan 20 2025	Aldergrove	6:00 PM	7:00 PM	Development - FUN'S
Tuesday, Jan 21 2025	Sportsplex Rink 2	5:15 PM	6:15 PM	FUNDamentals 1 & 2
Monday, Jan 27 2025	Aldergrove	6:00 PM	7:00 PM	Development - FUN'S
Tuesday, Jan 28 2025	Sportsplex Rink 2	5:15 PM	6:15 PM	FUNDamentals 1 & 2
Sunday, Feb 2 2025	Sportsplex Rink 1	12:00 PM	1:00 PM	FUN's Home and Away
Tuesday, Feb 4 2025	Sportsplex Rink 2	5:15 PM	6:15 PM	FUN 1
Sunday, Feb 9 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	FUN's Home and Away
Monday, Feb 10 2025	Aldergrove	6:00 PM	7:00 PM	Development - FUN'S
Thursday, Feb 13 2025	Sportsplex Rink 1	5:00 PM	6:00 PM	FUN 1
Tuesday, Feb 18 2025	Sportsplex Rink 2	5:15 PM	6:15 PM	FUNDamentals 1 & 2
Tuesday, Feb 25 2025	Sportsplex Rink 2	5:15 PM	6:15 PM	FUNDamentals 1 & 2

Fun 2's

Date	Arena	Start Time	End Time	Team
Tuesday, Jan 7 2025	Sportsplex Rink 2	5:15 PM	6:15 PM	FUN 2
Sunday, Jan 12 2025	Sportsplex Rink 1	10:45 AM	11:45 AM	U10-Fun 2 Integration
Tuesday, Jan 14 2025	Sportsplex Rink 2	5:15 PM	6:15 PM	FUNDamentals 1 & 2
Monday, Jan 20 2025	Aldergrove	6:00 PM	7:00 PM	Development - FUN'S
Tuesday, Jan 21 2025	Sportsplex Rink 2	5:15 PM	6:15 PM	FUNDamentals 1 & 2
Monday, Jan 27 2025	Aldergrove	6:00 PM	7:00 PM	Development - FUN'S
Tuesday, Jan 28 2025	Sportsplex Rink 2	5:15 PM	6:15 PM	FUNDamentals 1 & 2
Sunday, Feb 2 2025	Sportsplex Rink 1	12:00 PM	1:00 PM	FUN's Home and Away
Thursday, Feb 6 2025	Sportsplex Rink 1	5:00 PM	6:00 PM	U10-Fun 2 Integration
Sunday, Feb 9 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	FUN's Home and Away
Monday, Feb 10 2025	Aldergrove	6:00 PM	7:00 PM	Development - FUN'S
Tuesday, Feb 11 2025	Sportsplex Rink 2	5:15 PM	6:15 PM	U10-Fun 2 Integration
Tuesday, Feb 18 2025	Sportsplex Rink 2	5:15 PM	6:15 PM	FUNDamentals 1 & 2
Tuesday, Feb 25 2025	Sportsplex Rink 2	5:15 PM	6:15 PM	FUNDamentals 1 & 2

FVRA U10 Athletes

Practice and Development Schedule for the
Ring Wranglers and Thunderbolts



Date	Arena	Start Time	End Time	Team
Saturday, Jan 4 2025	George Preston	9:45 AM	10:45 AM	U10's Athletes vs Parents
Tuesday, Jan 7 2025	Sportsplex Rink 3	5:45 PM	6:45 PM	U10's
Sunday, Jan 12 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Sunday, Jan 12 2025	Sportsplex Rink 1	10:45 AM	11:45 AM	U10-Fun 2 Integration
Monday, Jan 13 2025	Aldergrove	6:00 PM	7:00 PM	Development - U10'S
Tuesday, Jan 14 2025	Sportsplex Rink 3	5:45 PM	6:45 PM	U10's
Tuesday, Jan 21 2025	Sportsplex Rink 3	5:45 PM	6:45 PM	U10's
Sunday, Jan 26 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Monday, Jan 27 2025	Aldergrove	7:00 PM	8:00 PM	Development - U10'S
Tuesday, Jan 28 2025	Sportsplex Rink 3	5:45 PM	6:45 PM	U10's
Sunday, Feb 2 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Monday, Feb 3 2025	Aldergrove	6:00 PM	7:00 PM	Development - U10'S
Tuesday, Feb 4 2025	Sportsplex Rink 3	5:45 PM	6:45 PM	U10's
Thursday, Feb 6 2025	Sportsplex Rink 1	5:00 PM	6:00 PM	U10-Fun 2 Integration
Tuesday, Feb 11 2025	Sportsplex Rink 2	5:15 PM	6:15 PM	U10-Fun 2 Integration
Sunday, Feb 16 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Thursday, Feb 20 2025	George Preston	6:15 PM	7:15 PM	U10's
Thursday, Feb 27 2025	Sportsplex Rink 1	5:00 PM	6:00 PM	U10's

FVRA U12 Athletes

Practice and Development Schedule for the
Rings of Fire



Date	Arena	Start Time	End Time	Team
Monday, Jan 6 2025	Aldergrove	6:00 PM	7:00 PM	U12's
Thursday, Jan 9 2025	George Preston	6:15 PM	7:15 PM	U12's
Sunday, Jan 12 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Thursday, Jan 16 2025	Sportsplex Rink 1	5:00 PM	6:00 PM	U12's
Monday, Jan 20 2025	Aldergrove	7:00 PM	8:00 PM	Development - U12's/U14's
Thursday, Jan 23 2025	Sportsplex Rink 1	5:00 PM	6:00 PM	U12's
Sunday, Jan 26 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Monday, Jan 27 2025	Aldergrove	7:00 PM	8:00 PM	Development - U12's/U14's
Thursday, Jan 30 2025	Sportsplex Rink 1	5:00 PM	6:00 PM	U12's
Sunday, Feb 2 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Thursday, Feb 6 2025	George Preston	6:15 PM	7:15 PM	U12's
Saturday, Feb 8 2025	George Preston	11:00 AM	12:00 PM	U12's
Monday, Feb 10 2025	Aldergrove	7:00 PM	8:00 PM	Development - U12's/U14's
Thursday, Feb 13 2025	George Preston	6:15 PM	7:15 PM	U12's
Sunday, Feb 16 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Thursday, Feb 20 2025	Sportsplex Rink 1	5:00 PM	6:00 PM	U12's
Thursday, Feb 27 2025	George Preston	6:15 PM	7:15 PM	U12's
Thursday, Mar 6 2025	George Preston	6:15 PM	7:15 PM	U12's

18 +

FVRA Open A

Date	Arena	Start Time	End Time	Team
Tuesday, Jan 7 2025	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A
Sunday, Jan 12 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Tuesday, Jan 14 2025	Sportsplex Rink 2	6:30 PM	7:30 PM	Open A
Tuesday, Jan 21 2025	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A
Sunday, Jan 26 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Tuesday, Jan 28 2025	Sportsplex Rink 2	6:30 PM	7:30 PM	Open A
Sunday, Feb 2 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Tuesday, Feb 4 2025	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A
Tuesday, Feb 11 2025	Sportsplex Rink 2	6:30 PM	7:30 PM	Open A
Sunday, Feb 16 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Tuesday, Feb 18 2025	Sportsplex Rink 1	9:00 PM	10:15 PM	Open A
Tuesday, Feb 25 2025	Sportsplex Rink 2	6:30 PM	7:30 PM	Open A

Development Ice

We are currently looking for new instructors for Monday Development
Until we secure new instructors, we need coaches on the ice to conduct extra practices

Date	Arena	Start Time	End Time	Team
Monday, Jan 13 2025	Aldergrove	6:00 PM	7:00 PM	Development - U10'S
Monday, Jan 13 2025	Aldergrove	7:00 PM	8:00 PM	Development - FVRA ZONE
Monday, Jan 20 2025	Aldergrove	6:00 PM	7:00 PM	Development - FUN'S
Monday, Jan 20 2025	Aldergrove	7:00 PM	8:00 PM	Development - U12'S
Monday, Jan 27 2025	Aldergrove	6:00 PM	7:00 PM	Development - FUN'S
Monday, Jan 27 2025	Aldergrove	7:00 PM	8:00 PM	Development - U10'S
Monday, Feb 3 2025	Aldergrove	6:00 PM	7:00 PM	Development - U10'S
Monday, Feb 3 2025	Aldergrove	7:00 PM	8:00 PM	Development - FVRA ZONE
Monday, Feb 10 2025	Aldergrove	6:00 PM	7:00 PM	Development - FUN'S
Monday, Feb 10 2025	Aldergrove	7:00 PM	8:00 PM	Development - U12'S
Monday, Feb 24 2025	Aldergrove	6:00 PM	7:00 PM	Development - U12'S
Monday, Feb 24 2025	Aldergrove	7:00 PM	8:00 PM	Development - FVRA ZONE

Monday, Jan 20 2025	Aldergrove	6:00 PM	7:00 PM	Development - FUN'S
Monday, Jan 27 2025	Aldergrove	6:00 PM	7:00 PM	Development - FUN'S
Monday, Feb 10 2025	Aldergrove	6:00 PM	7:00 PM	Development - FUN'S

Monday, Jan 13 2025	Aldergrove	6:00 PM	7:00 PM	Development - U10'S
Monday, Jan 27 2025	Aldergrove	7:00 PM	8:00 PM	Development - U10'S
Monday, Feb 3 2025	Aldergrove	6:00 PM	7:00 PM	Development - U10'S

Monday, Jan 20 2025	Aldergrove	7:00 PM	8:00 PM	Development - U12's/U14's
Monday, Feb 10 2025	Aldergrove	7:00 PM	8:00 PM	Development - U12's/U14's
Monday, Feb 24 2025	Aldergrove	6:00 PM	7:00 PM	Development - U12's/U14's

Monday, Jan 13 2025	Aldergrove	7:00 PM	8:00 PM	Development - FVRA ZONE
Monday, Feb 3 2025	Aldergrove	7:00 PM	8:00 PM	Development - FVRA ZONE
Monday, Feb 24 2025	Aldergrove	7:00 PM	8:00 PM	Development - FVRA ZONE

Zone East Athletes

Development is free for FVRA Athletes
Contact Coach for development for non FVRA Athletes

U14 Zone East Orcas

Date	Arena	Start Time	End Time	Team
Sunday, Jan 12 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Monday, Jan 13 2025	Aldergrove	7:00 PM	8:00 PM	Development - FVRA ZONE
Sunday, Jan 26 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Tuesday, Jan 28 2025	Sportsplex Rink 1	6:15 PM	7:15 PM	U14 Zone
Sunday, Feb 2 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Monday, Feb 3 2025	Aldergrove	7:00 PM	8:00 PM	Development - FVRA ZONE
Sunday, Feb 16 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Monday, Feb 24 2025	Aldergrove	7:00 PM	8:00 PM	Development - FVRA ZONE
Tuesday, Feb 25 2025	Sportsplex Rink 1	6:15 PM	7:15 PM	U14 Zone

U16 Zone East Impact

Date	Arena	Start Time	End Time	Team
Tuesday, Jan 7 2025	Sportsplex Rink 1	6:15 PM	7:15 PM	U16 Zone Team
Sunday, Jan 12 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Monday, Jan 13 2025	Aldergrove	7:00 PM	8:00 PM	Development - FVRA ZONE
Sunday, Jan 26 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Sunday, Feb 2 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Monday, Feb 3 2025	Aldergrove	7:00 PM	8:00 PM	Development - FVRA ZONE
Tuesday, Feb 4 2025	Sportsplex Rink 1	6:15 PM	7:15 PM	U16 Zone Team
Monday, Feb 24 2025	Aldergrove	7:00 PM	8:00 PM	Development - FVRA ZONE

U19 Zone East

Date	Arena	Start Time	End Time	Team
Monday, Jan 6 2025	Aldergrove	7:00 PM	8:00 PM	U19 Zone
Sunday, Jan 12 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Monday, Jan 13 2025	Aldergrove	7:00 PM	8:00 PM	Development - FVRA ZONE
Tuesday, Jan 14 2025	Sportsplex Rink 1	6:15 PM	7:15 PM	U19 Zone
Sunday, Jan 26 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Sunday, Feb 2 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Monday, Feb 3 2025	Aldergrove	7:00 PM	8:00 PM	Development - FVRA ZONE
Tuesday, Feb 11 2025	Sportsplex Rink 1	6:15 PM	7:15 PM	U19 Zone
Sunday, Feb 16 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Tuesday, Feb 18 2025	Sportsplex Rink 3	5:45 PM	6:45 PM	U19 Zone
Tuesday, Feb 25 2025	Sportsplex Rink 3	5:45 PM	6:45 PM	U19 Zone
Monday, Feb 24 2025	Aldergrove	7:00 PM	8:00 PM	Development - FVRA ZONE
Tuesday, Mar 11 2025	Sportsplex Rink 1	6:15 PM	7:15 PM	U19 Zone

U14 Club Merger with PCRMRA

Development is free for FVRA Athletes
Contact Coach for development for non FVRA Athletes

Date	Arena	Start Time	End Time	Team
Sunday, Jan 12 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Monday, Jan 20 2025	Aldergrove	7:00 PM	8:00 PM	Development - U12's/U14's
Tuesday, Jan 21 2025	Sportsplex Rink 1	6:15 PM	7:15 PM	U14 Club Merger
Sunday, Jan 26 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Monday, Jan 27 2025	Aldergrove	7:00 PM	8:00 PM	Development - U12's/U14's
Sunday, Feb 2 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Monday, Feb 10 2025	Aldergrove	7:00 PM	8:00 PM	Development - U12's/U14's
Sunday, Feb 16 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Tuesday, Feb 18 2025	Sportsplex Rink 1	6:15 PM	7:15 PM	U14 Club Merger

18 +

FVRA Open B

Date	Arena	Start Time	End Time	Team
Tuesday, Jan 7 2025	Sportsplex Rink 2	6:30 PM	7:30 PM	Open B
Sunday, Jan 12 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Tuesday, Jan 14 2025	Sportsplex Rink 1	9:00 PM	10:15 PM	Open B
Tuesday, Jan 21 2025	Sportsplex Rink 2	6:30 PM	7:30 PM	Open B
Sunday, Jan 26 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Tuesday, Jan 28 2025	Sportsplex Rink 1	9:00 PM	10:15 PM	Open B
Sunday, Feb 2 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Tuesday, Feb 11 2025	Sportsplex Rink 1	9:00 PM	10:15 PM	Open B
Saturday, Feb 15 2025	George Preston	11:00 AM	12:00 PM	Open B
Sunday, Feb 16 2025	Sportsplex Rink 1	9:30 AM	10:30 AM	Goalie Development
Tuesday, Feb 18 2025	Sportsplex Rink 2	6:30 PM	7:30 PM	Open B
Tuesday, Feb 25 2025	Sportsplex Rink 1	9:00 PM	10:15 PM	Open B