

DATE (D/M/YYYY)	WARM UP + COOL DOWN	ACTIVITY	TIME
5/9/2013	15/20 Mins	Practice	75 Mins
7/9/2013	15/20 Mins	Practice	75 Mins
7/9/2013	10/10 Mins	Twist Sport Conditioning	75 Mins
8/9/2013	15/20 Mins	Practice	90 Mins
9/9/2013	15/20 Mins	Practice	75 Mins
10/9/2013		Advantage Hockey Development	75 Mins
11/9/2013	15/20 Mins	Practice	75 Mins
11/9/2013	7/7	JK Fitness Training	75 Mins
12/9/2013		Advantage Hockey Development	75 Mins
12/9/2013	15/20 Mins	Practice	75 Mins
13/9/2013	20/20 Mins	Game VS Maple Ridge Moose Sr. Women's A	75 Mins
13/9/2013	7/7	JK Fitness Training	75 Mins
14/9/2013	15/20	Practice	75 Mins
14/9/2013	10/10	Twist Sport Conditioning	75 Mins
15/9/2013	20/20	Game VS NSFIHA Bantam A	90 Mins
17/9/2013		Advantage Hockey Development	75 Mins
18/9/2013	7/7	JK Fitness Training	75 Mins
18/9/2013	15/20	Practice	75 Mins
19/9/2013	15/20	Practice	75 Mins
20/9/2013		Advantage Hockey Development	75 Mins
21/9/2013	15/20	Practice	75 Mins
21/8/2013	10/10	Twist Sport Conditioning	75 Mins
22/9/2013	15/20	WCA Intersquad Game	75 Mins
23/9/2013	15/20	Practice	90 Mins

DATE (D/M/YYYY)	WARM UP + COOL DOWN	ACTIVITY	TIME
25/9/2013		Advantage Hockey Development	75 Mins
26/9/2013	15/20	Practice	75 Mins
27/9/2013	20/20	Game VS Campbell River	180 Mins
28/9/2013	20/20	Game VS Campbell River	180 Mins
28/9/2013	20/20	Game VS Campbell River	180 Mins
29/9/2013	20/20	Game VS Campbell River	180 Mins
30/9/2013	15/20	Practice	75 Mins
1/10/2013		Advantage Hockey Development	75 Mins
2/10/2013	7/7	JK Fitness Training	75 Mins
3/10/2013	15/20	Practice	75 Mins
4/10/2013	20/20	Game VS Kelowna Rockets	180 Mins
5/10/2013	20/20	Game VS Campbell River	180 Mins
5/10/2013	20/20	Game VS Northern Cougars	180 Mins
6/10/2013	20/20	Game VS Fraser Valley Phantom	180 Mins
7/10/2013	15/20	Advantage Hockey Skills Development	75 Mins
8/10/2013		Advantage Hockey Development	75 Mins
9/10/2013	7/7	JK Fitness Training	75 Mins
10/10/2013	15/20	Practice	75 Mins
11/10/2013		Advantage Hockey Development	75 Mins
12/10/2013	15/20	Practice	75 Mins
13/10/2013		Thanksgiving Scrimmage	90 Mins

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14/10/2013	15/20	Practice	75 Mins
15/10/2013		Advantage Hockey Development	75 Mins
16/10/2013	7/7	JK Fitness Training	75 Mins
23/10/2013	7/7	JK Fitness Training	75 Mins
24/10/2013		Advantage Hockey Development	75 Mins
24/10/2013	15/20	Practice	75 Mins
25/10/2013	7/7	JK Fitness Training	75 Mins
26/10/2013	15/20	Advantage Hockey Skills Development	75 Mins
26/10/2013	10/10	Twist Sport Conditioning	75 Mins
27/10/2013	15/20	WCA Intersquad Game	90 Mins
28/10/2013	15/20	Practice	75 Mins
29/10/2013		Advantage Hockey Development	75 Mins
30/10/2013	7/7	JK Fitness Training	
31/10/2013	15/20	Practice	75 Mins
31/10/2013		Advantage Hockey Development	75 Mins
1/11/2013	7/7	JK Fitness Training	75 Mins
2/11/2013	15/20	Practice	75 Mins
2/11/2013	10/10	Twist Sport Conditioning	75 Mins
3/11/2013	15/20	Practice	90 Mins
4/11/2013	15/20	Practice	75 Mins
5/11/2013		Advantage Hockey Development	75 Mins
6/11/2013	7/7	Jk Fitness Training	75 Mins
7/11/2013		Advantage Hockey Development	75 Mins
7/11/2013	20/20	Game VS Maple Ridge Moose Sr. Women's A	75 Mins

