



## Irondale Knights Hockey

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### Week 10

Monday Jan. 1 – **New Years Day - Rest**

Tuesday Jan. 2 - **National Sports Center Practice**

2:45 – 4:15 Varsity Rink 7

4:30 – 5:00 Varsity Dryland

2:45 – 3:15 Junior Varsity Dryland

3:30 – 4:45 Junior Varsity Rink 7

Wednesday Jan. 3 - **National Sports Center Practice**

2:45 – 4:15 Varsity Rink 7

4:30 – 5:00 Varsity Dryland

2:45 – 3:15 Junior Varsity Dryland

3:30 – 4:45 Junior Varsity Rink 7

Thursday Jan. 4 – **Game vs. St. Louis Park at National Sports Center**

J.V. starts at 5:30 pm

Varsity starts at 7:30 pm

Friday Jan. 5 – **National Sports Center Practice**

2:45 – 4:15 Varsity Rink 7

4:30 – 5:00 Varsity Dryland

2:45 – 3:15 Junior Varsity Dryland

3:30 – 4:45 Junior Varsity Rink 7

Saturday Jan. 6 – **Rest**