



Irondale Knights Hockey

Week 7

Monday Dec. 11 – National Sports Center Practice

2:45 – 4:15 Varsity Rink 8

4:30 – 5:00 Varsity Dryland

2:45 – 3:15 Junior Varsity Dryland

3:30 – 4:15 Junior Varsity Rink 8

Tuesday Dec. 12 - Game vs. Spring Lake Park @ Fogerty Arena

J.V. at 5:30 pm

Varsity starts at 7:30 pm

Wednesday Dec. 13 - National Sports Center Practice

2:45 – 4:15 Varsity Rink 8

4:30 – 5:00 Varsity Dryland

2:45 – 3:15 Junior Varsity Dryland

3:30 – 4:15 Junior Varsity Rink 8

Thursday Dec. 14 – National Sports Center Practice

2:45 – 4:15 Varsity Rink 8

4:30 – 5:00 Varsity Dryland

2:45 – 3:15 Junior Varsity Dryland

3:30 – 4:15 Junior Varsity Rink 8

Friday Dec. 15 – Four Seasons Elem. School Day

Meet at school at 7:30

9:00am – 11:00 am “Feed my starving children”

11:15 – 11:45 lunch at N.S.C.

12:00 – 1:45 Skate with 4 seasons kids

National Sports Center Practice

2:45 – 4:15 Varsity Rink 8

4:30 – 5:00 Varsity Dryland

2:45 – 3:15 Junior Varsity Dryland

3:30 – 4:15 Junior Varsity Rink 8

Saturday Dec. 16 – Game vs. Cooper @ National Sports Center

J.V. at 12:00 noon

Varsity starts at 2:00 pm

