

## **Irondale Knights Hockey**

### **Week 1**

Monday Oct. 30 – National Sports Center Try-Outs

2:45 – 4:45 All Players on Rink 8

Tuesday Oct. 31 - National Sports Center Try-Outs

2:45 – 4:45 All Players on Rink 8

Wednesday Nov. 1 - National Sports Center Try-Outs

2:45 – 4:15 All Players on Rink 8

4:30 – 5:00 Plyos

Thursday Nov. 2 – Practice

2:45 – 4:15 Varsity N.S.C. Rink 8

4:30 – 5:00 Varsity Dryland

3:00 – 4:00 Junior Varsity Columbia 2

4:15 – 4:45 Junior Varsity Dryland

Friday Nov. 3 – Columbia Practice

2:45 – 4:15 Varsity Columbia 1

4:30 – 5:00 Varsity Dryland

2:45 – 3:15 Junior Varsity Dryland

3:30 – 4:45 Junior Varsity Columbia 1

Saturday Nov. 4 – Columbia Practice

2:00 – 4:00 Hockey Team Workshop

4:20 – 4:50 Team Photos

4:50 – 6:20 All players on Columbia 1

