

# HOCKEY CONCENTRATION 2019-20

## CYCLE TWO

ALL TRIPS ARE TO BISHOP'S UNIVERSITY UNLESS INDICATED TO BCS

### SEPTEMBER:

THURS. 5	DAY 9 DEPARTURE 9:00	RETURN 10:20	ICE 9:20-10:10
FRI. 6	DAY 6 DEPARTURE 9:05	RETURN 11:45	ICE 9:45-11:15
MON. 9	DAY 1 DEPARTURE 12:45	RETURN 3:15	ICE 1:15-2:45
THURS. 12	DAY 4 FITNESS TEST		
MON. 16	DAY 6 DEPARTURE 9:05	RETURN 11:45	ICE 9:45-11:15
THURS. 19	DAY 9 DEPARTURE 9:00	RETURN 10:20	ICE 9:20-10:10
MON. 23	DAY 1 DEPARTURE 12:45	RETURN 3:15	ICE 1:15-2:45
THURS. 26	DAY 4 FITNESS TEST		
MON. 30	DAY 6 DEPARTURE 9:05	RETURN 11:45	ICE 9:45-11:15

### OCTOBER:

THURS. 3	DAY 9 DEPARTURE 9:00	RETURN 10:20	ICE 9:20-10:10
FRI. 4	DAY 6 DEPARTURE 9:05	RETURN 11:45	ICE 9:45-11:15
MON. 7	DAY 1 DEPARTURE 12:45	RETURN 3:15	ICE 1:15-2:45
THURS. 10	DAY 4 FITNESS TEST		
THURS. 17	DAY 9 DEPARTURE 9:00	RETURN 10:20	ICE 9:20-10:10
FRI. 18	DAY 1 DEPARTURE 12:45	RETURN 3:15	ICE 1:15-2:45
THURS. 24	DAY 4 DEPARTURE 12:15	RETURN 2:10 AT BCS	ICE 12:40-1:40
MON. 28	DAY 6 DEPARTURE 9:05	RETURN 11:45	ICE 9:45-11:15
THURS. 31	DAY 9 DEPARTURE 9:00	RETURN 10:20	ICE 9:20-10:10

### NOVEMBER:

MON. 4	DAY 1 DEPARTURE 12:45	RETURN 3:15	ICE 1:15-2:45
THURS. 7	DAY 4 DEPARTURE 12:15	RETURN 2:10 AT BCS	ICE 12:40-1:40
MON. 11	DAY 6 DEPARTURE 9:05	RETURN 11:45	ICE 9:45-11:15
THURS. 14	DAY 9 DEPARTURE 9:00	RETURN 10:20	ICE 9:20-10:10
MON. 18	DAY 1 DEPARTURE 12:45	RETURN 3:15	ICE 1:15-2:45
THURS. 21	DAY 4 (SENIORS PLAY AT HOME VS. CRA AT 2:30)		
MON. 25	DAY 6 DEPARTURE 9:05	RETURN 11:45	ICE 9:45-11:15
THURS. 28	DAY 9 DEPARTURE 9:00	RETURN 10:20	ICE 9:20-10:10

### DECEMBER:

MON. 2	DAY 1 DEPARTURE 12:45	RETURN 3:15	ICE 1:15-2:45
THURS. 5	DAY 4 DEPARTURE 12:15	RETURN 2:10 AT BCS	ICE 12:40-1:40
MON. 9	DAY 6 DEPARTURE 9:05	RETURN 11:45	ICE 9:45-11:15
THURS. 12	DAY 9 DEPARTURE 9:00	RETURN 10:20	ICE 9:20-10:10
MON. 16	DAY 1 DEPARTURE 12:45	RETURN 3:15	ICE 1:15-2:45
THURS. 19	DAY 4 DEPARTURE 12:15	RETURN 2:10	ICE 12:45-1:45

**JANUARY:**

THURS. 9 DAY 4 DEPARTURE 12:15 RETURN 2:10 AT BCS ICE 12:40-1:40  
MON. 13 DAY 6 DEPARTURE 9:05 RETURN 11:45 ICE 9:45-11:15  
THURS. 16 DAY 9 DEPARTURE 9:00 RETURN 10:20 ICE 9:20-10:10  
FRI. 17 DAY 1 DEPARTURE 12:45 RETURN 3:15 ICE 1:15-2:45  
MON. 20 DAY 1 DEPARTURE 12:45 RETURN 3:15 ICE 1:15-2:45  
THURS. 23 DAY 4 OFF ICE WORKOUT (SENIORS AT HSB)  
THURS. 30 DAY 9 DEPARTURE 9:00 RETURN 10:20 ICE 9:20-10:10  
FRI. 31 DAY 6 DEPARTURE 9:05 RETURN 11:45 AT BCS ICE 9:45-11:15

**FEBRUARY:**

MON. 3 DAY 1 (JUNIOR and SENIOR PLAY AT LBP)  
THURS. 6 DAY 4 NO ICE: OFF ICE WORKOOUT  
MON. 10 DAY 6 DEPARTURE 9:05 RETURN 11:45 ICE 9:45-11:15  
THURS. 13 DAY 9 DEPARTURE 9:00 RETURN 10:20 ICE 9:20-10:10  
MON. 17 DAY 1 DEPARTURE 12:45 RETURN 3:15 ICE 1:15-2:45  
THURS. 20 DAY 4 DEPARTURE 12:15 RETURN 2:10 AT BCS ICE 12:40-1:40  
MON. 24 DAY 6 DEPARTURE 9:05 RETURN 11:45 ICE 9:45-11:15  
THURS. 27 DAY 9 DEPARTURE 9:00 RETURN 10:20 ICE 9:20-10:10  
FRI. 28 DAY 1 DEPARTURE 12:45 RETURN 3:15 ICE 1:15-2:45

**MARCH:**

THURS. 12 DAY 4 (JUVENILE AT HSB 3:00)  
MON. 16 DAY 6 DEPARTURE 9:05 RETURN 11:45 ICE 9:45-11:15  
THURS. 19 DAY 9 DEPARTURE 9:00 RETURN 10:20 ICE 9:20-10:10  
MON. 23 DAY 1 DEPARTURE 12:45 RETURN 3:15 ICE 1:15-2:45  
THURS. 26 DAY 4 NO ICE: OFF ICE WORKOOUT  
MON. 30 DAY 6 DEPARTURE 9:05 RETURN 11:45 ICE 9:45-11:15

**APRIL:**

THURS. 2 DAY 9 DEPARTURE 9:00 RETURN 10:20 ICE 9:20-10:10  
MON. 6 DAY 1 DEPARTURE 12:45 RETURN 3:15 ICE 1:15-2:45  
THURS. 9 DAY 4 DEPARTURE 12:15 RETURN 2:10 ICE 12:45-1:45  
THURS. 16 DAY 9 DEPARTURE 9:00 RETURN 10:20 ICE 9:20-10:10  
FRI. 17 DAY 6 DEPARTURE 9:05 RETURN 11:45 ICE 9:45-11:15  
MON. 20 DAY 1 DEPARTURE 12:45 RETURN 3:15 ICE 1:15-2:45  
THURS. 23 DAY 4 DEPARTURE 12:15 RETURN 2:10 ICE 12:45-1:45  
MON. 27 DAY 6 DEPARTURE 9:05 RETURN 11:45 ICE 9:45-11:15  
THURS. 30 DAY 9 DEPARTURE 9:00 RETURN 10:20 ICE 9:20-10:10

**MAY:**

FRI. 1 DAY 1 DEPARTURE 12:45 RETURN 3:15 ICE 1:15-2:45  
MON. 4 DAY 1 DEPARTURE 12:45 RETURN 3:15 ICE 1:15-2:45  
THURS. 7 DAY 4 DEPARTURE 12:15 RETURN 2:10 ICE 12:45-1:45  
MON. 11 DAY 6 DEPARTURE 9:05 RETURN 11:45 ICE 9:45-11:15

THURS. 14	DAY 9 DEPARTURE 9:00	RETURN 10:20	ICE 9:20-10:10
THURS. 21	DAY 4 DEPARTURE 12:15	RETURN 2:10	ICE 12:45-1:45
MON. 25	DAY 6 DEPARTURE 9:05	RETURN 11:45	ICE 9:45-11:15
THURS. 28	DAY 9	FITNESS TEST	
FRI. 29	DAY 9	FITNESS TEST	

**JUNE:**

MON. 1	DAY 1 DEPARTURE 12:45	RETURN 3:15	ICE 1:15-2:45
THURS. 4	DAY 4 OPEN GYM		