

Group 5

October 2022

Date	Drop Off	Activity
Oct. 4	Mark Messier	Hockey
Oct. 5	Mark Messier	Hockey
Oct. 6	Servus Place	Volleyball/Ropes training
Oct. 11	Mark Messier	Hockey
Oct. 12	Mark Messier	Hockey
Oct. 13	Albert Lacombe	Sports Psychgology/P.E. /Health
Oct. 18	Mark Messier	Hockey
Oct. 19	Mark Messier	Hockey
Oct. 20	Albert Lacombe	P.E./Fitness/Health
Oct. 25	Mark Messier	Hockey
Oct. 26	Mark Messier	Hockey
Oct. 27	No Limits	Hockey Skills/Fitness

- Please ensure all athletes have a clearly marked water bottle and a proper change of clothes for each activity.
- No Limits is located at 107 Carleton Dr. **For No limits please make sure athletes have a change of clothes, hockey stick, helmet and hockey gloves.**
- **All drop offs should be made by 8:00 A.M.**