

Group 3

October 2022

Date	Pick Up	Activity
Oct. 4	Mark Messier	Hockey
Oct. 5	Mark Messier	Hockey
Oct. 6	Servus Place	Volley ball Ropes training
Oct. 11	Mark Messier	Hockey
Oct. 12	Mark Messier	Hockey
Oct.13	Albert Lacombe	Sports Psychology /P.E./Fitness
Oct. 18	Mark Messier	Hockey
Oct. 19	Mark Messier	Hockey
Oct. 20	No Limits	Fitness/Hockey Skills
Oct. 25	Mark Messier	Hockey
Oct. 26	Mark Messier	Hockey
Oct. 27	Albert Lacombe	P.E./Fitness

- Please ensure all athletes have a clearly marked water bottle, and a proper change of clothes for each activity.
- No limits is located in Campbell Park behind Servus Place. The address is 107 125 Carelton Drive
- At No limits athletes will need a change of clothes, helmet, stick and gloves.
- **Pick Up is 3:00 P.M.**