

Group 1

October 2022

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

- Please ensure all athletes have a clearly marked water bottle and a proper change of clothes.
- 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.**
- **Pick Up is 3:00 P.M.**