



Sask Field Hockey

updated Jan 24.11

2011 Indoor Senior Womens - Regina

Team Schedule

Combine with U19/Senior Mens on January 17

Day	Date	Start Time	End Time	Location	Event
Monday	January 3	7:30pm	9:00pm	St Martins Parish Hall	Strength and Conditioning Testing
Wednesday	January 5	7:30pm	9:00pm	St Martins Parish Hall	Strength and Conditioning Testing
Saturday	January 8	1:00pm	2:30pm	Western Christian College	Practice w/ U19 Girls
Sunday	January 9	5:00pm	7:00pm	St Martins Parish Hall	Practice w/ U19 Girls
Saturday	January 15	1:00pm	2:30pm	Western Christian College	Practice w/ U19 Girls
Sunday	January 16	1:30pm	3:00pm	St Martins Parish Hall	Practice w/ U19 Girls
Wednesday	January 19	7:00pm	9:00pm	St Martins Parish Hall	Practice w/ U19 Girls
Saturday	January 22	12:00pm	8:00pm	Western Christian College	Exhibition Games vs Manitoba if possible
Sunday	January 23	8:00am	11:00am	Western Christian College	Exhibition Games vs Manitoba if possible
Wednesday	January 26	7:00pm	9:00pm	St Martins Parish Hall	Practice w/ U19 Boys/Senior Mens
Thursday	January 27	8:00pm	9:30pm	CBI Park Street	Strength and Conditioning (optional)
Saturday	January 29	1:00pm	2:30pm	Western Christian College	Practice w/ U19 Boys/Senior Mens
Thursday	February 3	8:00pm	9:30pm	CBI Park Street	Strength and Conditioning (optional)
Saturday	February 5	1:00pm	4:00pm	Western Christian College	Practice and scrimmage for all U19 and Senior teams
Sunday	February 6	12:00pm	2:00pm	St Martins Parish Hall	Practice w/ U19 Boys/Senior Mens
Wednesday	February 9	7:00pm	9:00pm	St Martins Parish Hall	Practice w/ U19 Boys/Senior Mens
Thursday	February 10	8:00pm	9:30pm	CBI Park Street	Strength and Conditioning (optional)
Thursday	February 17	8:00pm	9:30pm	CBI Park Street	Strength and Conditioning (optional)
Saturday	February 19	1:00pm	2:30pm	Western Christian College	Practice w/ U19 Boys/Senior Mens
Wednesday	February 23	6:00pm	7:30pm	St Martins Parish Hall	Practice w/ U19 Boys/Senior Mens
Thursday	February 24	8:00pm	9:30pm	CBI Park Street	Strength and Conditioning (optional)
Friday	February 25			University of Calgary	Tournament
Saturday	February 26			Univeristy of Calgary	Tournament
Sunday	February 27			University of Calgary	Tournament
Other practices TBA if there is a tournament in Southport, MB					

Raman Grewal, Head Coach

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Western Christian College - 100 - 4400 4th Avenue Regina, SK

St Martins Parish Gym - 4720 Castle Road Regina, SK

CBI Park - 2073 Park Street Regina, SK