



# Sask Field Hockey 2011 Indoor U19 Boys - Regina

updated Jan 24.11

## Team Schedule

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	10:30am	12:00pm	Western Christian College	Practice
Wednesday	January 12	7:00pm	9:00pm	St Martins Parish Hall	Practice
Saturday	January 15	10:30am	12:00pm	Western Christian College	Practice
Sunday	January 16	12:00pm	1:30pm	St Martins Parish Hall	Practice
Monday	January 17	7:30pm	9:00pm	St Martins Parish Hall	Practice
Saturday	January 22	12:00pm	8:00pm	Western Christian College	Exhibition Games vs Manitoba
Sunday	January 23	8:00am	11:00am	Western Christian College	Exhibition Games vs Manitoba
Wednesday	January 26	7:00pm	9:00pm	St Martins Parish Hall	Practice w/ Sr 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/ Sr 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
Wednesday	February 9	7:00pm	9:00pm	St Martins Parish Hall	Practice
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
Wednesday	February 23	6:00pm	7:30pm	St Martins Parish Hall	Practice
Thursday	February 24	8:00pm	9:30pm	CBI Park Street	Strength and Conditioning (optional)
Thursday	March 3	8:00pm	9:30pm	CBI Park Street	Strength and Conditioning (optional)
Saturday	March 5	12:30pm	2:30pm	Western Christian College	Practice
Sunday	March 6	12:00pm	2:30pm	St Martins Parish Hall	Practice and scrimmage with PYG B
Wednesday	March 9	6:00pm	7:30pm	St Martins Parish Hall	Practice
Thursday	March 10	8:00pm	9:30pm	CBI Park Street	Strength and Conditioning (optional)
Friday	March 11			University of Calgary	Tournament
Saturday	March 12			University of Calgary	Tournament
Sunday	March 13			University of Calgary	Tournament
Thursday	March 17	8:00pm	9:30pm	CBI Park Street	Strength and Conditioning (optional)
Sunday	March 20	12:00pm	2:00pm	St Martins Parish Hall	Practice and scrimmage with PYG B
Wednesday	March 23	6:00pm	7:30pm	St Martins Parish Hall	Practice
Friday	March 25	5:00pm	10:00pm	Western Christian College	Tournament
Saturday	March 26	8:00pm	8:00pm	Western Christian College	Tournament
Sunday	March 27	8:00am	2:00pm	Western Christian College	Tournament

Raman Grewal, Head Coach

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Aaron Demyen, Executive Director/Strength+Conditioning Co c 530-9331

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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