

TEAM: CZE U18

DAILY ITINERARY SHEET

DATE: 11/1/2013

TIME	DETAILS
1:57am	Arrival Halifax
2:00am	Meet at the Airport and bus to the hotel
6:00am	Check in at Colony
6:30am	Breakfast
7:00-11:15am	Rest
11:30am	Jogging
12:30pm	Lunch
1:00pm	Rest
2:30pm	Snack
3:00pm	Depart for Rink
4:30-5:45pm	Practice
6:30pm	Depart for hotel
7:00pm	Dinner
8:00pm	Meeting
9:00pm	Snack (sandwich)
10:00pm	Lights out



HOCKEY CANADA

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TEAM: CZE U18

DAILY ITINERARY SHEET

DATE: 11/2/2013

TIME	DETAILS
9:00am	Breakfast
10:15am	Depart for MC
11:30-12:30am	Practice
1:15pm	Depart for hotel
1:30pm	Lunch
3:15pm	Pre-game meal
3:45pm	Team Meeting
4:00pm	Depart for Barrington
7:00pm	Exhibition game
10:00pm	Post game meal - Barrington
11:00pm	Head back to Yarmouth
12:00am	Lights out

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DAILY ITINERARY SHEET

DATE: 11/3/2013

TIME	DETAILS
9:00am	Breakfast
10:30am	Depart for MC
11:45-1:15pm	Practice
2:00pm	Depart for hotel
2:15pm	Lunch
3:00pm	Rest (physio, individual meetings)
6:00pm	Dinner
7:00pm	Meeting
9:00pm	Snack (sandwich)
10:00pm	Lights out

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DAILY ITINERARY SHEET

DATE: 11/4/2013

TIME	DETAILS
8:00am	Breakfast
9:30am	Jogging
11:00am	Lunch
11:30am	Depart for MC
1:00-2:15pm	Practice
3:00pm	Depart for Hotel
4:00pm	Depart for Lobster Meal
5:00pm	Dinner
9:00pm	Snack (sandwich)
10:00pm	Lights out

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DAILY ITINERARY SHEET

DATE: 11/5/2013

TIME	DETAILS
8:00am	Breakfast
8:45am	Depart for MC
10:00-10:30am	Practice
11:15am	Depart for hotel
12:00pm	Pre-game meal
1:30pm	Team Meeting
1:45pm	Depart for Game
4:00pm	Game
7:00pm	Bus to Hotel
7:30pm	Post Game Meal
9:00pm	Snack (sandwich)
10:00pm	Lights out

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DAILY ITINERARY SHEET

DATE: 11/6/2013

TIME	DETAILS
8:00am	Breakfast
8:45am	Depart for MC
10:00-10:30am	Practice
11:15am	Depart for hotel
12:00pm	Pre-game meal
1:30pm	Team Meeting
1:45pm	Depart for Game
4:00pm	Game
7:00pm	Bus to Hotel
7:30pm	Post Game Meal
9:00pm	Snack (sandwich)
10:00pm	Lights out

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DAILY ITINERARY SHEET (game at 4:00pm)

DATE: 11/7,8/2013

TIME	DETAILS
8:00am	Breakfast
8:45am	Depart for MC
10:00-10:30am	Practice
11:15am	Depart for hotel
12:00pm	Pre-game meal
1:30pm	Team Meeting
1:45pm	Depart for Game
4:00pm	Game
7:00pm	Bus to Hotel
7:30pm	Post Game Meal
9:00pm	Snack (sandwich)
10:00pm	Lights out

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DAILY ITINERARY SHEET(game at 8pm)

DATE: 11/7,8/2013

TIME	DETAILS
8:30am	Breakfast
9:30am	Depart for MC
10:45-11:15am	Practice
12:00pm	Depart for hotel
12:15pm	Lunch
12:45pm	Rest
4:00pm	Pre Game Meal
5:15pm	Team Meeting
5:30pm	Depart for Game
8:00pm	Game
10:30pm	Bus to Hotel
10:45pm	Post Game Meal
11:30pm	Lights out

