



NO REGRETS
**“Individually we are a drop
Together we are an ocean!”**

Bigger – Faster – Stronger

*“The future is simply an infinite possibility waiting to happen.
What it waits on is HUMAN EFFORT!”*

REGINA REBELS FEMALE AAA HOCKEY

2009-10 Calendar



March

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		2	3	4		
		9	10	11	12	13
14	15 Practice (4:30 pm @ Hamilton)	16 Fitness Training (4:30 – 5:45 pm @ Balfour Collegiate)	17 Practice (4:30 pm @ Hamilton)	18 Practice (4:30 pm @ Hamilton)	19 Fitness Training (4:30 – 5:45 pm) YMCA Spin Class Team supper 6:30	20
21	22 Practice (4:30 pm @ Hamilton)	23 Fitness Training (4:30 – 5:45 pm @ Balfour Collegiate) Recruit workout	24 Practice (4:30 pm @ Hamilton)	25 Practice (4:30 pm @ Hamilton) (6:00 pm move to Evraz)	26	27 Spring Camp (Evraz) 12:00 to 3:30 pm 6:00 to 9:30 pm
28 Spring Camp (Evraz) 10:00 to 1:30 pm 4:00 to 7:30 pm	29 Practice (4:30 pm @ Evraz) Show	30 Fitness Training (4:30 – 5:45 pm @ Balfour Collegiate)	31 Practice (4:30 pm @ Evraz) Show #6			

2010

REGINA REBELS FEMALE AAA HOCKEY

2009-10 Calendar



April

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 Practice (4:30 pm @ Evraz) Show #6	2	3 Game - TBA Evraz – Show #6 3:00 pm
4 Game – TBA Evraz – Show #6 1:00 pm	5 Practice (4:30 pm @ Evraz) Show #6	6 Fitness Training (4:30 – 5:45 pm @ Balfour Collegiate)	7 Practice (4:30 pm @ Evraz) Show #6	8 Practice (4:30 pm @ Evraz) Show #6	9	10 Game – TBA Evraz #3 5:00 pm
11 Game – TBA Evraz #3 1:00 pm	12 Practice (4:30 pm @ Evraz) #2	13	14 Practice (4:30 pm @ Evraz) #2	15 Practice (4:30 pm @ Evraz) #2	16 Practice (4:30 pm @ Evraz) #2	17 Team Bonding Team Pictures Opening Banquet Coach/Manager meet
18 2010 ESSO Cup Pre Game Meal 4:00 pm Ontario 8:00 pm	19 2010 ESSO Cup Pre Game Meal 3:30 pm Atlantic 7:30 pm	20 2010 ESSO Cup Pre Game Meal 3:30 pm Pacific 7:30 pm	21 2010 ESSO Cup Pre Game Meal 3:30 pm West 7:30 pm	22 2010 ESSO Cup Pre Game Meal 1:30 pm Quebec 4:30 pm Banquet	23 2010 ESSO Cup PreGame Meal 2:00 pm 3 – 2 7:00 pm 4 - 1	24 2010 ESSO Cup Pre Game Meal 10:00 am Bronze 4:00 pm Gold
25	26	27	28	29	30	
<p>Note: The Rebels 2009-10 year end windup and awards night will be held on Thursday May 6th, 2010 at the Wascana Country Club. Additional details will follow as the year progresses. Please keep this date open to celebrate our year.</p>						