

KOVALCHUK GROUP
"A"

Sunday

1:15 p.m. Dressing room
2:00 p.m. On ice

Monday through Thursday

Resident Students Only:

6:20 a.m. Rise and shine

6:40 a.m. Breakfast

Friday

Resident Students Only:

6:20 a.m. Rise and shine

6:40 a.m. Breakfast

7:20 a.m. Dressing room

7:50 a.m. On ice

9:00 a.m. Conditioning

9:45 a.m. Video

10:45 a.m. Lecture

11:35 a.m. Dressing room

12:30 p.m. On ice

1:25 p.m. Lunch

2:15 p.m. Fun and Games

3:30 p.m. Dressing room

4:00 p.m. Game 1

5:40 p.m. Dinner for Game #1
(Resident only)

END OF DAY

7:20 a.m. Dressing room

7:50 a.m. On ice

9:00 a.m. Conditioning

9:30 a.m. Lecture

10:15 a.m. Fun and Games

11:15 a.m. Lunch

12:00 p.m. Dressing room for Game #1

12:30 p.m. Stanley Cup Game #1

END OF PROGRAM