

2018-2019 SMA FLAMES Prep Schedule

DAY	DATE	TIME	START TIME	END TIME	EVENT
Tues	Sep-04				Dragon Boat event
Tues	Sep-04	3:00 - 4:00 pm	3:00 PM	4:00 PM	practice
Wed	Sep-05	3:00 - 4:00 PM	3:00 PM	4:00 PM	practice
Thurs	Sep-06	8:50 - 9:50 PM	8:50 PM	9:50 PM	practice
Fri	Sep-07	4:30 - 5:30 PM	4:30 PM	5:30 PM	tour of U of M campus (arranged by Coach Fisher)
Fri	Sep-07	7:00 - 9:00 PM	7:00 PM	9:00 PM	GAME vs Bisons @ U of M Wayne Fleming Arena
Sat	Sep-08	6:50 - 8:50 PM	6:50 PM	8:50 PM	GAME vs Bisons @ Bell MTS Iceplex
Sat	Sep-08	9:00 - 10:00 PM	9:00 PM	10:00 PM	post game meal with Bison players
Mon	Sep-10	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Tues	Sep-11	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Wed	Sep-12	6:30 - 7:30 AM	6:30 AM	7:30 AM	practice
Thurs	Sep-13	FLIGHT WS 0306 DEPART @ 12:30 PM			depart for Stoney Creek, ON
Fri	Sep-14				Stoney Creek tournament
Sat	Sep-15				Stoney Creek tournament
Sun	Sep-16				Stoney Creek tournament
Sun	Sep-16	FLIGHT WS 0535 departs @ 10:15 PM. Lands @ 11:49 PM			return from Stoney Creek, ON
Mon	Sep-17				OFF
Tues	Sep-18	4:30 - 5:00 PM	4:30 PM	5:00 PM	Icelab - goaltender(s)
Tues	Sep-18	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Wed	Sep-19	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Wed	Sep-19	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	Sep-20	6:30 - 7:30 AM	6:30 AM	7:30 AM	practice
Fri	Sep-21				OFF
Mon	Sep-24	4:30 - 5:00 PM	4:30 PM	5:00 PM	Icelab - goaltender(s)
Mon	Sep-24	5:00 - 5:30 PM	5:00 PM	5:30 PM	Icelab - goaltender(s)
Mon	Sep-24	4:40 - 5:55 PM	4:40 PM	5:55 PM	practice
Tues	Sep-25	4:40 - 6:00 PM	4:40 PM	6:00 PM	practice
Wed	Sep-26	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Wed	Sep-26	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	Sep-27	6:30 - 7:30 AM	6:30 AM	7:30 AM	practice
Mon	Oct-01	4:30 - 5:00 PM	4:30 PM	5:00 PM	Icelab - goaltender(s)
Mon	Oct-01	4:40 - 5:55 PM	4:40 PM	5:55 PM	practice
Tues	Oct-02	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Wed	Oct-03	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Wed	Oct-03	6:00 - 6:30 PM	6:00 PM	6:30 PM	Stretch with trainer, in SMA room
Thurs	Oct-04	FLIGHT WS 493 DEPART @ 12:00 PM			depart for Penticton
Fri	Oct-05	8:00 - 10:00 AM	8:00 AM	10:00 AM	SMA VS. BANFF
Fri	Oct-05	4:15 - 6:15 PM	4:15 PM	6:15 PM	SMA VS. DELTA
Sat	Oct-06	10:30 - 12:30 PM	10:30 AM	12:30 PM	SMA VS. OHA
Sat	Oct-06	7:45 - 9:45 PM	7:45 PM	9:45 PM	SMA VS. POE
Sun	Oct-07	8:00 - 10:00 AM	8:00 AM	10:00 AM	SMA VS. SHAWNIGAN
Sun	Oct-07	FLIGHT WS 3280 departs @ 3:15 PM; WS 0526 lands @ 11:33 PM			return from Penticton
Mon	Oct-08				Happy Thanksgiving

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Tues	Oct-09	4:30 - 5:00 PM	4:30 PM	5:00 PM	Icelab - goaltender(s)
Tues	Oct-09	4:40 - 6:00 PM	4:40 PM	6:00 PM	practice
Wed	Oct-10	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Wed	Oct-10	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	Oct-11	4:40 - 6:00 PM	4:40 PM	6:00 PM	practice
Mon	Oct-15	7:30 - 8:00 AM	7:30 AM	8:00 AM	Cardio @ SMA
Mon	Oct-15	4:30 - 5:00 PM	4:30 PM	5:00 PM	Icelab - goaltender(s)
Mon	Oct-15	5:00 - 5:30 PM	5:00 PM	5:30 PM	Icelab - goaltender(s)
Mon	Oct-15	4:40 - 5:55 PM	4:40 PM	5:55 PM	practice
Tues	Oct-16	4:30 - 6:00 PM	4:30 PM	6:00 PM	exhibition game vs. Balmoral Hall
Wed	Oct-17	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Wed	Oct-17	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	Oct-18	6:50 - 7:50 AM	6:50 AM	7:50 AM	practice
Thurs	Oct-18	BUS DEPARTS FOLLOWING PRACTICE		bus depart for Minneapolis	
Fri	Oct-19	NIT Tournament, Minneapolis MN			
Sat	Oct-20	NIT Tournament, Minneapolis MN			
Sun	Oct-21	NIT Tournament, Minneapolis MN			
Sun	Oct-21	BUS RETURNS FOLLOWING FINAL GAME		bus returns to Winnipeg	
Mon	Oct-22	OFF			
Mon	Oct-23	4:30 - 5:00 PM	4:30 PM	5:00 PM	Icelab - goaltender(s)
Mon	Oct-23	5:00 - 5:30 PM	5:00 PM	5:30 PM	Icelab - goaltender(s)
Tues	Oct-23	4:40 - 6:00 PM	4:40 PM	6:00 PM	practice
Wed	Oct-24	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Wed	Oct-24	6:00 - 6:30 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	Oct-25	4:40 - 6:00 PM	4:40 PM	6:00 PM	practice
Mon	Oct-29	7:30 - 8:00 AM	7:30 AM	8:00 AM	Cardio @ SMA
Mon	Oct-29	4:30 - 5:00 PM	4:30 PM	5:00 PM	Icelab - goaltender(s)
Mon	Oct-29	4:40 - 5:55 PM	4:40 PM	5:55 PM	practice
Tues	Oct-30	6:30 - 7:30 AM	6:30 AM	7:30 AM	practice
Wed	Oct-31	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Wed	Oct-31	6:00 - 6:30 PM	6:00 PM	6:30 PM	Stretch with trainer, in SMA room
Thurs	Nov-01	FLIGHT WS 0451 DEPARTS @ 2:30 PM		depart for Vancouver	
Fri	Nov-02	3:25 - 5:25 PM	3:25 PM	5:25 PM	SMA VS. OHA
Sat	Nov-03	11:05 - 12:05 PM	11:05 AM	12:05 PM	SMA VS. DELTA
Sat	Nov-03	6:20 - 8:20 PM	6:20 PM	8:20 PM	SMA VS. SHAWNIGAN
Sun	Nov-04	8:30 - 10:30 AM	8:30 AM	10:30 AM	SMA VS. POE
Sun	Nov-04	FLIGHT WS 0244 departs @ 2:00 PM; WS 202 lands @ 8:09 PM departs from Vancouver			
Mon	Nov-05	OFF			
Tues	Nov-06	6:30 - 7:30 AM	6:30 AM	7:30 AM	practice
Wed	Nov-07	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Wed	Nov-07	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	Nov-08	4:40 - 6:00 PM	4:40 PM	6:00 PM	practice
Sat	Nov-10	4:45 - 6:15 PM	4:45 PM	6:15 PM	practice
Mon	Nov-12	10:00 - 12:00 PM	10:00 AM	12:00 PM	exhibition game vs. Swift Current

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Mon	Nov-12	4:30 - 5:00 PM	4:30 PM	5:00 PM	Icelab - goaltender(s)
Mon	Nov-12	5:00 - 5:30 PM	5:00 PM	5:30 PM	Icelab - goaltender(s)
Mon	Nov-12	4:40 - 5:55 PM	4:40 PM	5:55 PM	practice
Tues	Nov-13	6:30 - 7:30 AM	6:30 AM	7:30 AM	practice
Wed	Nov-14	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Wed	Nov-14	6:00 - 6:30 PM	6:00 PM	6:30 PM	Stretch with trainer, in SMA room
Thurs	Nov-15	5:45 - 7:45 PM	5:45 PM	7:45 PM	SMA VS. BANFF @ ICEPLEX
Fri	Nov-16	10:45 - 12:45 PM	10:45 AM	12:45 PM	SMA VS. SHAWNIGAN
Fri	Nov-16	6:00 - 8:00 PM	6:00 PM	8:00 PM	SMA VS. POE
Sat	Nov-17	1:00 - 3:00 PM	1:00 PM	3:00 PM	SMA VS. OHA
Sun	Nov-18	8:00 - 10:00 AM	8:00 AM	10:00 AM	SMA VS. DELTA
Mon	Nov-19				OFF
Tues	Nov-20	6:30 - 7:30 AM	6:30 AM	7:30 AM	practice
Wed	Nov-21	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Wed	Nov-21	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	Nov-22	4:40 - 6:00 PM	4:40 PM	6:00 PM	practice
Mon	Nov-26	7:30 - 8:00 AM	7:30 AM	8:00 AM	Cardio @ SMA
Mon	Nov-26	4:30 - 5:00 PM	4:30 PM	5:00 PM	Icelab - goaltender(s)
Mon	Nov-26	5:00 - 5:30 PM	5:00 PM	5:30 PM	Icelab - goaltender(s)
Mon	Nov-26	4:40 - 5:55 PM	4:40 PM	5:55 PM	practice
Tues	Nov-27	4:30 - 6:00 PM	4:30 PM	6:00 PM	practice
Wed	Nov-28	7:00 - 8:00 AM	7:00 AM	8:00 AM	practice
Wed	Nov-28	BUS DEPARTS FOLLOWING PRACTICE		Depart for Calgary (Flex Games)	
Thurs	Nov-29	5:00 - 7:00 PM	5:00 PM	7:00 PM	SMA VS. BANFF
Fri	Nov-30	5:00 - 7:00 PM	5:00 PM	7:00 PM	SMA VS. EDGE
Sat	Dec-01	10:00 - 12:00 PM	10:00 AM	12:00 PM	SMA VS. EDGE
Sat	Dec-01	6:00 - 8:00 PM	6:00 PM	8:00 PM	SMA VS. NAX
Sun	Dec-02	9:00 - 11:00 AM	9:00 AM	11:00 AM	SMA VS. NAX
Sun	Dec-02	BUS DEPARTS FOR WINNIPEG POST GAME		return to Winnipeg	
Mon	Dec-03				OFF
Tues	Dec-04	6:30 - 7:30 AM	6:30 AM	7:30 AM	practice
Wed	Dec-05	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Wed	Dec-05	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	Dec-06	4:40 - 6:00 PM	4:40 PM	6:00 PM	practice
Fri	Dec-07	FLAMES & FAMILY CHRISTMAS PARTY		EVENING, LOCATION TBA	
Mon	Dec-10	4:30 - 5:00 PM	4:30 PM	5:00 PM	Icelab - goaltender(s)
Mon	Dec-10	4:40 - 5:55 PM	4:40 PM	5:55 PM	practice
Tues	Dec-11	6:30 - 7:30 AM	6:30 AM	7:30 AM	practice
Wed	Dec-12	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Wed	Dec-12	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	Dec-13	4:40 - 6:00 PM	4:40 PM	6:00 PM	practice
Fri	Dec-14	7:00 - 9:10 PM	7:00 PM	9:10 PM	game TBC
Sat	Dec-15	6:30 - 8:40 PM	6:30 PM	8:40 PM	game TBC
Sun	Dec-16	6:00 - 8:00 PM	6:00 PM	8:00 PM	game TBC

2018-2019 SMA FLAMES Prep Schedule

Mon	Dec-17	7:30 - 8:00 AM	7:30 AM	8:00 AM	Cardio @ SMA
Mon	Dec-17	4:40 - 5:55 PM	4:40 PM	5:55 PM	practice
Tues	Dec-18	6:30 - 7:30 AM	6:30 AM	7:30 AM	practice
Wed	Dec-19	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Wed	Dec-19	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	Dec-20	6:10 - 7:10 PM	6:10 PM	7:10 PM	SMA AND SMA ALUMNI GAME
Fri	Dec-21				OFF THROUGH TO JAN 4TH
Fri	Jan-04	TIME TBC			SKATING @ THE FORKS IN AFTERNOON
Sat	Jan-05	TBC			practice (time will be confirmed by Iceplex later)
Sun	Jan-06	TBC			practice (time will be confirmed by Iceplex later)
Mon	Jan-07	4:30 - 5:00 PM	4:30 PM	5:00 PM	IceLab - goaltender(s)
Mon	Jan-07	5:00 - 5:30 PM	5:00 PM	5:30 PM	IceLab - goaltender(s)
Mon	Jan-07	4:40 - 5:55 PM	4:40 PM	5:55 PM	practice
Tues	Jan-08	6:30 - 7:30 AM	6:30 AM	7:30 AM	practice
Wed	Jan-09	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Wed	Jan-09	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	Jan-10	4:40 - 6:00 PM	4:40 PM	6:00 PM	practice
Fri	Jan-11	WS 551 DEPARTS @ 6:35 PM			depart for Calgary (Flex Games CSSHL)
Sat	Jan-12	10:00 - 12:00 PM	10:00 AM	12:00 PM	SMA VS. EDGE
Sat	Jan-12	6:00 - 8:00 PM	6:00 PM	8:00 PM	SMA VS. NAX
Sun	Jan-13	8:00 - 10:00 AM	8:00 AM	10:00 AM	SMA VS. NAX
Sun	Jan-13	3:00 - 5:00 PM	3:00 PM	5:00 PM	SMA VS. EDGE
Sun	Jan-13	WS 526 departs @ 8:50 PM, lands @ 11:45 PM			return to Winnipeg
Mon	Jan-14				OFF
Tues	Jan-15	6:30 - 7:30 AM	6:30 AM	7:30 AM	practice
Wed	Jan-16	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Thurs	Jan-17	4:40 - 6:00 PM	4:40 PM	6:00 PM	practice
Mon	Jan-21	4:30 - 5:00 PM	4:30 PM	5:00 PM	IceLab - goaltender(s)
Mon	Jan-21	4:40 - 5:55 PM	4:40 PM	5:55 PM	practice
Tues	Jan-22	6:30 - 7:30 AM	6:30 AM	7:30 AM	practice
Wed	Jan-23	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Wed	Jan-23	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	Jan-24	4:40 - 6:00 PM	4:40 PM	6:00 PM	practice
Fri	Jan-25				game TBC
Sat	Jan-26	8:00 - 2:00 PM	8:00 AM	2:00 PM	FLAMES IN THE KITCHEN
Sat	Jan-26				game TBC
Sun	Jan-27				game TBC
Mon	Jan-28	4:30 - 5:00 PM	4:30 PM	5:00 PM	IceLab - goaltender(s)
Mon	Jan-28	7:30 - 8:00 AM	7:30 AM	8:00 AM	Cardio @ SMA
Mon	Jan-28	4:40 - 5:55 PM	4:40 PM	5:55 PM	practice
Tues	Jan-29	6:30 - 7:30 AM	6:30 AM	7:30 AM	practice
Wed	Jan-30	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Wed	Jan-30	6:00 - 6:30 pm	6:00 PM	6:30 PM	Stretch with trainer, in SMA room
Thurs	Jan-31				FWSSC

2018-2019 SMA FLAMES Prep Schedule

Fri	Feb-01				FWSSC
Sat	Feb-02				FWSSC
Sun	Feb-03				FWSSC
Mon	Feb-04				OFF
Tues	Feb-05	6:30 - 7:30 AM	6:30 AM	7:30 AM	practice
Wed	Feb-06	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Thurs	Feb-07	FLIGHT WS 0571 DEPARTS @ 10:20 AM			depart for Edmonton (CSSHL)
Thurs	Feb-07	7:45 - 9:45 PM	7:45 PM	9:45 PM	SMA VS. BANFF
Fri	Feb-08	5:45 - 7:45 PM	5:45 PM	7:45 PM	SMA VS. POE
Sat	Feb-08	8:30 - 10:30 AM	8:30 AM	10:30 AM	SMA VS. DELTA
Sat	Feb-09	2:30 - 4:30 PM	2:30 PM	4:30 PM	SMA VS. SHAWNIGAN
Sun	Feb-10	8:15 - 10:15 AM	8:15 AM	10:15 AM	SMA VS. OHA
Sun	Feb-10	FLIGHT WS 0304 departs @ 8:15 PM; lands @ 11:04 PM			return to Winnipeg
Mon	Feb-11				OFF
Tues	Feb-12	6:30 - 7:30 AM	6:30 AM	7:30 AM	practice
Wed	Feb-13	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Wed	Feb-13	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	Feb-14	4:30 - 5:00 PM	4:30 PM	5:00 PM	Icelab - goaltender(s)
Thurs	Feb-14	4:40 - 6:00 PM	4:40 PM	6:00 PM	practice
Tues	Feb-19	6:30 - 7:30 AM	6:30 AM	7:30 AM	practice
Wed	Feb-20	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Wed	Feb-20	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	Feb-21	4:40 - 6:00 PM	4:40 PM	6:00 PM	practice
Mon	Feb-25	7:30 - 8:00 AM	7:30 AM	8:00 AM	Cardio @ SMA
Mon	Feb-25	4:30 - 5:00 PM	4:30 PM	5:00 PM	Icelab - goaltender(s)
Mon	Feb-25	4:40 - 5:55 PM	4:40 PM	5:55 PM	practice
Tues	Feb-26	6:30 - 7:30 AM	6:30 AM	7:30 AM	practice
Wed	Feb-27	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Wed	Feb-27	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	Feb-28	4:40 - 6:00 PM	4:40 PM	6:00 PM	practice
Mon	Mar-04	7:30 - 8:00 AM	7:30 AM	8:00 AM	Cardio @ SMA
Mon	Mar-04	4:30 - 5:00 PM	4:30 PM	5:00 PM	Icelab - goaltender(s)
Mon	Mar-04	5:00 - 5:30 PM	5:00 PM	5:30 PM	Icelab - goaltender(s)
Mon	Mar-04	4:40 - 5:55 PM	4:40 PM	5:55 PM	practice
Tues	Mar-05	4:40 - 6:00 PM	4:40 PM	6:00 PM	practice
Wed	Mar-06	4:40 - 5:40 PM	4:40 PM	5:40 PM	practice
Wed	Mar-06	6:00 - 6:30 PM	6:00 PM	6:30 PM	Stretch with trainer, in SMA room
Thurs	Mar-07	FLIGHT WS 493 DEPART @ 12:00 PM			depart for Penticton
Fri	Mar-08				CSSHL PLAYOFFS
Sat	Mar-09				CSSHL PLAYOFFS
Sun	Mar-10				CSSHL PLAYOFFS
Mon	Mar-11				CSSHL PLAYOFFS
Tues	Mar-12	FLIGHT WS 3280 depart @ 3:15 PM; WS 0526 lands @ 11:33 PM			return to Winnipeg