

2018-2019 SMA FLAMES Prep Schedule

DAY	DATE	TIME	START TIME	END TIME	EVENT
Fri	Jan-04	12:00 PM	12:00 PM		SKATING @ THE FORKS, dinner to follow
Sat	Jan-05	7:00 - 8:00 AM	7:00 AM	8:00 AM	practice
Sat	Jan-05	4:00 - 5:00 PM	4:00 PM	5:00 PM	practice
Sun	Jan-06	9:40 - 10:10 AM	9:40 AM	10:40 AM	practice
Sun	Jan-06	4:00 - 5:00 PM	4:00 PM	5:00 PM	practice
Sun	Jan-06	5:15 - 6:15 PM	5:15 PM	6:15 PM	Yoga - in SMA dressing room
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	7:15 - 9:15 PM	7:15 PM	9:15 PM	GAME VS EASTMAN IN STE. ANNE
Thurs	Jan-10	4:40 - 6:00 PM	4:40 PM	6:00 PM	practice
Fri	Jan-11	WS 271 DEPARTS @ 6:45 AM, arrive Calgary 8:08 am			depart for Calgary (Flex Games CSSHL)
Fri	Jan-11	2:30 - 4:30 PM	2:30 PM	4:30 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
Sat	Jan-19	4:00 - 6:00 PM	4:00 PM	6:00 PM	GAME VS PILOT MOUND AT PILOT MOUND
Mon	Jan-21	7:30 - 8:00 AM	7:30 AM	8:00 AM	Yoga in SMA MPR
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	4:00 - 5:40 PM	4:00 PM	5:40 PM	GAME VS BALMORAL HALL AT ICEPLEX
Thurs	Jan-24	4:40 - 6:00 PM	4:40 PM	6:00 PM	practice
Sat	Jan-26	8:00 - 2:00 PM	8:00 AM	2:00 PM	FLAMES IN THE KITCHEN
Sat	Jan-26	2:00 - 3:00 PM	2:00 PM	3:00 PM	team video session
Sun	Jan-27	11:45 - 12:45 PM	11:45 AM	12:45 PM	practice
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 Focus Fitness
Thurs	Jan-31	3:00 - 5:00 PM	3:00 PM	5:00 PM	GAME VS CENTRAL PLAINS (FWSSC)
Fri	Feb-01	10:30 - 12:30 PM	10:30 AM	12:30 PM	GAME VS RED DEER SUTTERFUND (FWSSC)
Fri	Feb-01	7:00 - 9:00 PM	7:00 PM	9:00 PM	GAME VS ANCHORAGE (FWSSC)
Sat	Feb-02				FWSSC
Sun	Feb-03				FWSSC

2018-2019 SMA FLAMES Prep Schedule

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
Fri	Feb-22	7:30 - 8:00 AM	7:30 AM	8:00 AM	Yoga in SMA MPR
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