

2018-2019 SMA FLAMES Prep Schedule

DAY	DATE	TIME	START TIME	END TIME	EVENT
Tues	03-Sep	2:00 - 3:30 PM	2:00 PM	3:30 PM	Practice
Tues	03-Sep	4:00 - 5:00 p	4:00 PM	5:00 PM	Focus Fitness
Wed	04-Sep	2:00 - 3:30 PM	2:00 PM	3:30 PM	Practice
Wed	04-Sep	4:00 - 5:00 p	4:00 PM	5:00 PM	Focus Fitness
Thurs	05-Sep	6:30 - 7:30 PM	6:30 PM	7:30 AM	Practice
Fri	06-Sep	7:00 - 9:00 PM	7:00 PM	9:00 PM	GAME vs U of M Bisons @ Wayne Fleming Arena
Sun	08-Sep	7:30 - 9:00 PM	7:30 PM	9:00 PM	GAME vs BALMORAL HALL @ Iceplex
Mon	09-Sep	7:30-8:00 AM	7:30 AM	8:00 AM	Cardio @ SMA
Mon	09-Sep	4:40 - 5:40 PM	4:40 PM	5:40 PM	Practice
Tues	10-Sep	4:40 - 5:40 PM	4:40 PM	5:40 PM	Practice
Wed	11-Sep	6:30 - 7:30 AM	6:30 AM	7:30 AM	Practice
Thurs	12-Sep	flight #534 depart Wpg @ 0845 AM, arrive Toronto @ 1206 PM depart for Stoney Creek , FLT # 534			
Fri	13-Sep	1:40 - 2:55 PM	1:40 PM	2:55 PM	GAME vs Buffalo Regals
Fri	13-Sep	7:20 - 8:35 PM	7:20 PM	8:35 PM	GAME vs Whitby Jrs
Sat	14-Sep	12:15 - 1:30 PM	12:15 PM	1:30 PM	GAME vs Niagara Purple Eagles
Sat	14-Sep	4:45 - 6:00 PM	4:45 PM	6:00 PM	GAME vs Etobicoke Jrs
Sun	15-Sep	game schedule TBD			
Sun	15-Sep	flight #535 depart Toronto @ 2215 PM, arrive Wpg 2351 PM return to Winnipeg, FLT # 535			
Mon	16-Sep	OFF			
Tues	17-Sep	4:40 - 5:40 PM	4:40 PM	5:40 PM	Practice
Wed	18-Sep	4:40 - 5:40 PM	4:40 PM	5:40 PM	Practice
Wed	18-Sep	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	19-Sep	4:40 - 5:40 PM	4:40 PM	5:40 PM	Practice
Fri	20-Sep	6:30-7:30 AM	6:30 AM	7:30 AM	Focus Fitness
Sat	21-Sep	TBD			Family BBQ - hosted by Sean, Laura & Nicole Black
Sun	22-Sep	OFF			
Mon	23-Sep	7:30-8:00 AM	7:30 AM	8:00 AM	Cardio @ SMA
Mon	23-Sep	4:40 - 6:00 PM	4:40 PM	6:00 PM	Practice
Tues	24-Sep	4:40 - 6:00 PM	4:40 PM	6:00 PM	Practice
Wed	25-Sep	4:40 - 6:00 PM	4:40 PM	6:00 PM	Practice
Thurs	26-Sep	flight # 261 depart Wpg @ 0940 AM, arrive Calgary @ 1050 AM depart for Calgary CSSHL flex games FLT #261			
Thurs	26-Sep	6:00-8:00 PM	6:00 PM	8:00 PM	GAME vs Edge @ Edge School
Fri	27-Sep	1:00-3:00 PM	1:00 PM	3:00 PM	GAME vs Banff @ Banff Recreation Centre
Sat	28-Sep	1:30-3:30 PM	1:30 PM	3:30 PM	GAME vs NAX @ River Cree Twin Rinks
Sat	28-Sep	flight # 304 depart Edmonton @ 7:15 PM arrive Winnipeg @ 10:04 PM return to Winnipeg, FLT # 304			
Sun	29-Sep	OFF			
Mon	30-Sep	4:40 - 5:55 PM	4:40 PM	5:55 PM	Practice
Tues	01-Oct	6:30 - 7:30 AM	6:30 AM	7:30 AM	Practice
Wed	02-Oct	4:40 - 5:40 PM	4:40 PM	5:40 PM	Practice
Thurs	03-Oct	flight #739 depart Wpg @ 2:05 PM, arrive Calgary @ 3:15 PM depart for Shawnigan Lake Showcase, CSSHL			
Thurs	03-Oct	flight # 227 depart Calgary @ 4:25 PM, arrive Victoria @ 4:57 PM connecting flight to Victoria			
Fri	04-Oct	5:00-7:00 PM	5:00 PM	7:00 PM	GAME vs Shawnigan @ Charlie Purdey Arena

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Sat	05-Oct	8:00-10:00 AM	8:00 AM	10:00 AM	GAME vs POE @ Charlie Purdey Arena
Sun	06-Oct	8:00-10:00 AM	8:00 AM	10:00 AM	GAME vs OHA @ Charlie Purdey Arena
Sun	06-Oct	flight #524 depart Victoria @ 5:45 PM, arrive Calgary @ 8:06 PM return to Winnipeg, FLT # 524			
Sun	06-Oct	flight @ 526 depart Calgary @ 2050 PM arrive Wpg @ 11:43 PM connecting flight to Winnipeg, FLT # 526			
Mon	07-Oct	OFF			
Tues	08-Oct	6:30 -7:30 AM	6:30 AM	7:30 AM	Practice
Wed	09-Oct	4:40 -5:40 PM	4:40 PM	5:40 PM	Practice
Wed	09-Oct	6:00 -700 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	10-Oct	4:40 - 6:00PM	4:40 PM	6:00 PM	Practice
Fri	11-Oct	6:30 -7:30 AM	6:30 AM	7:30 AM	Focus Fitness
Sat	12-Oct	OFF			
SUN	13-Oct	OFF			
Mon	14-Oct	OFF			
					Happy Thanksgiving
Tues	15-Oct	6:30 - 7:30 AM	6:30 AM	7:30 AM	Practice - time may change to accommodate late start @ school
Wed	16-Oct	4:40 - 5:40 PM	4:40 PM	5:40 PM	Practice
Thurs	17-Oct	8:00 -9:00 AM	8:00 AM	9:00 AM	Practice
Thurs	17-Oct	9:45 AM	9:45 AM		Bus departs Iceplex for Minneapolis, MN
Fri	18-Oct	TBA			NIT TOURNAMENT
Sat	19-Oct	TBA			NIT TOURNAMENT
Sun	20-Oct	TBA			NIT TOURNAMENT
Sun	20-Oct	TBA			Bus returns to Winnipeg
Mon	21-Oct	SMA OFF			
Tues	22-Oct	6:30 - 7:30 AM	6:30 AM	7:30 AM	Practice
Wed	23-Oct	4:40 - 5:40 PM	4:40 PM	5:40 PM	Practice
Wed	23-Oct	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	24-Oct	3:00 - 4:00 PM	3:00 PM	4:00 PM	Focus Fitness
Thurs	24-Oct	4:40 - 6:00 PM	4:40 PM	6:00 PM	Practice
Fri	25-Oct	OFF			
Mon	28-Oct	7:30 - 8:00 AM	7:30 AM	8:00 AM	Cardio @ SMA
Mon	28-Oct	4:40 - 5:55 PM	4:40 PM	5:55 PM	Practice
Tues	29-Oct	6:30 - 7:30 AM	6:30 AM	7:30 AM	Practice
Wed	30-Oct	4:40 - 5:40 PM	4:40 PM	5:40 PM	Practice
Wed	30-Oct	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	31-Oct	6:00 - 10:00 pm	6:00 PM	10:00 PM	TEAM BUILDING
Fri	01-Nov	4:40 - 5:40 PM	4:40 PM	5:40 PM	Focus Fitness
Sat	02-Nov	SMA OFF			
Sun	03-Nov	SMA OFF			
Mon	04-Nov	7:30 - 8:00 AM	7:30 AM	8:00 AM	Cardio @ SMA
Mon	04-Nov	4:40 - 5:55 PM	4:40 PM	5:55 PM	Practice
Tues	05-Nov	6:30 - 7:30 AM	6:30 AM	7:30 AM	Practice
Wed	06-Nov	4:40 - 5:40 PM	4:40 PM	5:40 PM	Practice
Wed	06-Nov	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	07-Nov	4:40 - 6:00 PM	4:40 PM	6:00 PM	Practice

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Fri	08-Nov	6:30 - 7:30 AM	6:30 AM	7:30 AM	Focus Fitness
Sat	09-Nov	SMA OFF			
Sun	10-Nov	SMA OFF			
Mon	11-Nov	4:40 - 5:55 PM	4:40 PM	5:55 PM	Practice
Tues	12-Nov	6:30 - 7:30 AM	6:30 AM	7:30 AM	Practice
Wed	13-Nov	4:40 - 5:40 PM	4:40 PM	5:40 PM	Practice
Wed	13-Nov	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	14-Nov	4:40 - 6:00 PM	4:40 PM	6:00 PM	Practice
Fri	15-Nov	4:45 - 6:45 PM	4:45 PM	6:45 PM	GAME vs Delta @ Iceplex ACU
Sat	16-Nov	6:00 - 8:00 PM	6:00 PM	8:00 PM	GAME vs Shawnigan @ Iceplex CT
Sun	17-Nov	10:45 - 12:45 PM	10:45 AM	12:45 PM	GAME vs POE @ Iceplex REMAX
Mon	18-Nov	OFF			
Tues	19-Nov	6:30 - 7:30 AM	6:30 AM	7:30 AM	Practice
Wed	20-Nov	4:40 - 5:40 PM	4:40 PM	5:40 PM	Practice
Wed	20-Nov	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	21-Nov	3:00 - 4:00 PM	3:00 PM	4:00 PM	Focus Fitness
Thurs	21-Nov	4:40 - 6:00 PM	4:40 PM	6:00 PM	Practice
Fri	22-Nov	OFF			
Sat	23-Nov	TBD			GAME - schedule TBD
Sun	24-Nov	TBD			GAME - schedule TBD
Mon	25-Nov	7:30 - 8:00 AM	7:30 AM	8:00 AM	Cardio @ SMA
Mon	25-Nov	4:30 - 6:00 PM	4:30 PM	6:00 PM	Practice
Tues	26-Nov	6:30 - 7:30 AM	6:30 AM	7:30 AM	Practice
Wed	27-Nov	4:40 - 5:40 PM	4:40 PM	5:40 PM	Practice
Wed	27-Nov	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	28-Nov	flight #476 WJ depart Winnipeg @ 3:45 PM arrive Toronto @ 7:08 PM depart Winnipeg FLT #476			
Fri	29-Nov	Brampton Two Nations Tournament			
Sat	30-Nov	Brampton Two Nations Tournament			
Sun	01-Dec	Brampton Two Nations Tournament			
Sun	01-Dec	flight # 529 depart Toronto @ 6:20 PM arrive Wpg @ 8:04 PM return to Winnipeg, FLT # 529			
Mon	02-Dec	OFF			
Tues	03-Dec	6:30 - 7:30 AM	6:30 AM	7:30 AM	Practice
Wed	04-Dec	4:40 - 5:40 PM	4:40 PM	5:40 PM	Practice
Wed	04-Dec	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	05-Dec	4:40 - 6:00 PM	4:40 PM	6:00 PM	Practice
Fri	06-Dec	6:30 - 7:30 AM	6:30 AM	7:30 AM	Focus Fitness
Sat	07-Dec	TBD			SMA Flames Christmas Party
Sun	08-Dec	OFF			
Mon	09-Dec	7:30 - 8:00 AM	7:30 AM	8:00 AM	Cardio @ SMA
Mon	09-Dec	4:40 - 5:55 PM	4:40 PM	5:55 PM	Practice
Tues	10-Dec	6:30 - 7:30 AM	6:30 AM	7:30 AM	Practice
Wed	11-Dec	4:40 - 5:40 PM	4:40 PM	5:40 PM	Practice
Wed	11-Dec	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness

2018-2019 SMA FLAMES Prep Schedule

Thurs	12-Dec	4:40 - 6:00 PM	4:40 PM	6:00 PM	Practice
Fri	13-Dec	4:45 - 6:45 PM	4:45 PM	6:45 PM	GAME vs Banff @ Iceplex ACU
Sat	14-Dec	4:05 - 6:05 PM	4:05 PM	6:05 PM	GAME vs Banff @ Iceplex CT
Sun	15-Dec	9:00 - 11:00 AM	9:00 AM	11:00 AM	GAME vs Banff @ Iceplex CT
Mon	16-Dec	SMA OFF			
Tues	17-Dec	6:30 - 7:30 AM	6:30 AM	7:30 AM	Practice
Wed	18-Dec	4:40 - 5:40 PM	4:40 PM	5:40 PM	Alumnae Game (time subject to change)
Thurs	19-Dec	4:40 - 6:00 PM	4:40 PM	6:00 PM	Practice
Fri	20-Dec	4:45 - 6:45 PM	4:45 PM	6:45 PM	GAME vs NAX @ Iceplex ACU
Sat	21-Dec	8:00 - 10:00 AM	8:00 AM	10:00 AM	GAME vs NAX @ Iceplex CT
Sat	21-Dec	3:45 - 5:45 PM	3:45 PM	5:45 PM	GAME vs NAX @ Iceplex CT
Merry Christmas!! CHRISTMAS BREAK December 22 through January 4					
Sun	05-Jan	TBA			Practice
Mon	06-Jan	7:30 - 8:00 AM	7:30 AM	8:00 AM	Cardio @ SMA
Mon	06-Jan	4:40 - 5:55 PM	4:40 PM	5:55 PM	Practice
Tues	07-Jan	6:30 - 7:30 AM	6:30 AM	7:30 AM	Practice
Wed	08-Jan	4:40 - 5:40 PM	4:40 PM	5:40 PM	Practice
Wed	08-Jan	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	09-Jan	4:40 - 6:00 PM	4:40 PM	6:00 PM	Practice
Fri	10-Jan	6:30 - 7:30 AM	6:30 AM	7:30 AM	Focus Fitness
Sat	11-Jan	TBD			Exhibition Game TBA
Sun	12-Jan	TBD			Exhibition Game TBA
Mon	13-Jan	9:30 - 10:00 AM	9:30 AM	10:00 AM	Cardio @ SMA
Mon	13-Jan	4:40 - 5:55 PM	4:40 PM	5:55 PM	Practice
Tues	14-Jan	6:30 - 7:30 AM	6:30 AM	7:30 AM	Practice
Wed	15-Jan	4:40 - 5:40 PM	4:40 PM	5:40 PM	Practice
Wed	15-Jan	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	16-Jan	4:40 - 6:00 PM	4:40 PM	6:00 PM	Practice
Fri	17-Jan	6:30 - 7:30 AM	6:30 AM	7:30 AM	Focus Fitness
Sat	18-Jan	TBD			Exhibition Game TBA
Sun	19-Jan	TBD			Exhibition Game TBA
Mon	20-Jan	7:30 - 8:00 AM	7:30 AM	8:00 AM	Cardio @ SMA
Mon	20-Jan	4:40 - 5:55 PM	4:40 PM	5:55 PM	Practice
Tues	21-Jan	6:30 - 7:30 AM	6:30 AM	7:30 AM	Practice
Wed	22-Jan	4:40 - 5:40 PM	4:40 PM	5:40 PM	Practice
Wed	22-Jan	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	23-Jan	4:40 - 6:00 PM	4:40 PM	6:00 PM	Practice
Fri	24-Jan	6:30 - 7:30 AM	6:30 AM	7:30 AM	Focus Fitness
Sat	25-Jan	8:00 - 2:00 PM	8:00 AM	2:00 PM	Flames in the Kitchen (times are approximate)
Sun	26-Jan	TBD			Exhibition Game TBA
Mon	27-Jan	7:30 - 8:00 AM	7:30 AM	8:00 AM	Cardio @ SMA
Mon	27-Jan	4:40 - 5:55 PM	4:40 PM	5:55 PM	Practice
Tues	28-Jan	6:30 - 7:30 AM	6:30 AM	7:30 AM	Practice

2018-2019 SMA FLAMES Prep Schedule

Wed	29-Jan	4:40 - 5:40 PM	4:40 PM	5:40 PM	Practice
Thurs	30-Jan				FWSSC
Fri	31-Jan				FWSSC
Sat	01-Feb				FWSSC
Sun	02-Feb				FWSSC
Mon	03-Feb	OFF			
Tues	04-Feb	6:30 - 7:30 AM	6:30 AM	7:30 AM	Practice
Wed	05-Feb	4:40 - 5:40 PM	4:40 PM	5:40 PM	Practice
Thurs	06-Feb	flight #739 WJ depart Winnipeg @ 2:05 PM arrive Calgary @3:20 PM depart Winnipeg FLT #739			
Fri	07-Feb	6:30 - 8:30 PM	6:30 PM	8:30 PM	GAME vs OHA @ Edge School
Sat	08-Feb	2:45 - 4:45 PM	2:45 PM	4:45 PM	GAME vs Delta @ Edge School
Sun	09-Feb	8:00 - 10:00 AM	8:00 AM	10:00 AM	GAME vs Shawnigan @ Edge School
Sun	09-Feb	flight #530 WJ depart Calgary @3:50 PM arrive Winnipeg @ 6:45 PM return to Winnipeg FLT #530			
Mon	10-Feb	OFF			
Tues	11-Feb	6:30-7:30 AM	6:30 AM	7:30 AM	Practice
Wed	12-Feb	4:40-5:40 PM	4:40 PM	5:40 PM	Practice
Thurs	13-Feb	5:00 - 7:00 PM	5:00 PM	7:00 PM	GAME vs EDGE @ Iceplex ACU
Fri	14-Feb	5:00 - 7:00 PM	5:00 PM	7:00 PM	GAME vs EDGE @ Iceplex ACU
Sat	15-Feb	12:45 - 2:45 PM	12:45 PM	2:45 PM	GAME vs EDGE @ Iceplex ACU
Sun	16-Feb	OFF			
Mon	17-Feb	OFF			LOUIS RIEL DAY
Tues	18-Feb	6:30 - 7:30 AM	6:30 AM	7:30 AM	Practice
Wed	19-Feb	4:40 - 5:40 PM	4:40 PM	5:40 PM	Practice
Wed	19-Feb	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	20-Feb	4:40 - 6:00 PM	4:40 PM	6:00 PM	Practice
Fri	21-Feb	6:30 - 7:30 AM	6:30 AM	7:30 AM	Focus Fitness
Sat	22-Feb	OFF			
Sun	23-Feb	OFF			
Mon	24-Feb	7:30 - 8:00 AM	7:30 AM	8:00 AM	Cardio @ SMA
Mon	24-Feb	4:40 - 5:55 PM	4:40 PM	5:55 PM	Practice
Tues	25-Feb	6:30 - 7:30 AM	6:30 AM	7:30 AM	Practice
Wed	26-Feb	4:40 - 5:40 PM	4:40 PM	5:40 PM	Practice
Wed	26-Feb	6:00 - 7:00 PM	6:00 PM	7:00 PM	Focus Fitness
Thurs	27-Feb	flight #451 WJ depart Wpg @ 2:40 PM arrive Vancouver @3:50 PM depart Winnipeg FLT #451			
Fri	28-Feb	1:30 - 3:30 PM	1:30 PM	3:30 PM	GAME vs POE @ Planet Ice Delta
Sat	29-Feb	11:45 - 1:45 PM	11:45 AM	1:45 PM	GAME vs OHA @ Planet Ice Delta
Sun	01-Mar	9:15 - 11:15 AM	9:15 AM	11:15 AM	GAME vs Delta @ Planet Ice Delta
Sun	01-Mar	flight #126 WJ depart Vancouver @ 2:00 PM arrive Calgary @ 4:21 depart Vancouver FLT #126			
Sun	01-Mar	flight #202 WJ depart Calgary @ 5:15 PM arrive Wpg @ 8:08 PM depart Calgary, return to WPG FLT #202			
Mon	02-Mar	OFF			
Tues	03-Mar	4:40 - 6:00 PM	4:40 PM	6:00 PM	Practice
Wed	04-Mar	4:40 - 5:40 PM	4:40 PM	5:40 PM	Practice
Thurs	05-Mar	4:40 - 6:00 PM	4:40 PM	6:00 PM	Practice

2018-2019 SMA FLAMES Prep Schedule

Fri	06-Mar			depart for Penticton , site of CSSHL Playoffs
Fri	06-Mar	flight #493 WJ depart Wpg @12:00 PM arrive Calgary@1:09 PM		depart Winnipeg FLT #493
Fri	06-Mar	flight #3281 WJ depart Calgary@2:25 PM arrive Penticton@2:41 PM		depart Calgary FLT #3281
Sat	07-Mar			CSSHL Playoffs
Sun	08-Mar			CSSHL Playoffs
Mon	09-Mar			CSSHL Playoffs
Tues	10-Mar			CSSHL Playoffs
Wed	11-Mar			CSSHL Playoffs
Wed	11-Mar	flight #3280 WJ depart Penticton @3:15 PM arrive Calgary @ 5:21 pm		depart Penticton FLT #3280
Wed	11-Mar	flight #526 WJ depart Calgary @8:50 PM arrive Winnipeg @11:43 pm		depart Calgary, return to Wpg FLT #526