

Juin/June 09

Wathier/Midget Hockey Training

www.franciswathier.com

Dryland/Conditioning-Hockey

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		Dryland/ Conditioning M.Kelly's gym 7pm-8h15pm		Dryland/ Conditioning M.Kelly's Gym 7pm-8h15pm	Hockey Ray-Friel Orleans 8pm-9pm	
7	8	9	10	11	12	13
		Dryland/ Conditioning M.Kelly's gym 7pm-8h15pm		Dryland/ Conditioning M.Kelly's Gym 7pm-8h15pm	Hockey Ray-Friel Orleans 8pm-9pm	
14	15	16	17	18	19	20
		Dryland/ Conditioning M.Kelly's Gym 7pm-8h15pm		Hockey Minto/Ottawa 6pm-7pm	Hockey Ray-Friel Orleans 8pm-9pm	
21	22	23	24	25	26	27
		Hockey Minto Ottawa 5pm-6pm	Dryland/ Conditioning M.Kely's Gym 7pm-8h15pm	Day-off End of session	Gloucester Ranger Junior "A" Prospect camp Good luck!	
28	29	30				