

# Maine Coast Storm 2019-2020 Practice Schedule

## 10/7-11/22 schedule

	Mon	Tues	Wed	Thurs	Fri	
5:30			10U-12U Dry-land Training			
6:40	12U-14U Dry-land Training	STORM:10U ADM	STORM: House Hockey	STORM:10U/12U ADM	INFERNO Tier II	*STORM:10U Tier IV Practice *STORM:12U Tier III Practice
7:50	STORM: 12U/14U ADM		STORM: 16U / 18U Team Practice	STORM: 14U Tier III Practice	STORM: 16U / 18U Team Practice	STORM: 14U Tier III Practice

## 11/25-3/6 schedule

	Mon	Tues	Wed	Thurs	Fri	
5:30			10U-12U Dry-land Training			
6:40	12U-14U Dry-land Training	STORM:10U ADM	STORM: House Hockey	STORM:10U/12U ADM	INFERNO Tier II	*STORM:10U Tier IV Practice** *STORM:12U Tier III Practice **
7:50	STORM: 12U/14U ADM		STORM: 14U Tier III Practice		STORM: 14U Tier III Practice	*STORM:12U Tier III Practice** Every other week Storm has Full Ice

\* Goalie practices are 6:40-7:40: 10/11, 10/25, 11/8, 11/22 and 6:40-8:50 (two hours): 12/6, 12/20, 1/3, 1/17, 1/31, 2/14

\*\*12U will have solo ice practice at 7:50 on: 12/6, 12/20, 1/3, 1/17, 1/31, 2/14