

# JUNE 2014

## Lourdes Summer Hockey Program



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 5:00pm ICE	3 Semester Finals	4 Semester Finals 5:00pm ICE	5 Semester Finals Last Day of School	6	7
8	9 9-10am PT @ LHS 5:00pm ICE	10 TREAD @ OMC	11 9-10am PT @ LHS TREAD/PT @ MAYO 5:00pm ICE	12 TREAD @ OMC	13 TREAD/PT @ MAYO PRIOR LAKE TOURNEY 6:00pm v Prior Lake	14 PRIOR LAKE Tourney 2:00pm v Chanhassen
15 PRIOR LAKE Tourney 10:40am v Andover 2:00pm v Rosemount	16 9-10am PT @ LHS TREAD/PT @ MAYO 5:00pm ICE	17 TREAD @ OMC	18 9-10am PT @ LHS TREAD/PT @ MAYO 5:00pm ICE	19 TREAD @ OMC	20 TREAD/PT @ MAYO	21
22	23 9-10am PT @ LHS TREAD/PT @ MAYO 5:00pm ICE	24 TREAD @ OMC	25 9-10am PT @ LHS TREAD/PT @ MAYO 5:00pm ICE	26 TREAD @ OMC	27 TREAD/PT @ MAYO	28
29	30 9-10am PT @ LHS TREAD/PT @ MAYO <b>NO ICE - BLACKOUT</b>					
		<b>NOTES:</b> PT - Performance Training - 9-10am - Mon & Wed (at Lourdes) ICE - 5:00 - 6:15pm - Mon & Wed (at Rec Center - south rink) TREAD @ OMC - 1 hour Treadmill sessions - (at Olmsted Sports Med - 5155 55th St NW) TREAD/PT @ MAYO - 90 min Treadmill & Dry land training (at Mayo Sports Medicine - Dan Abraham Healthy Living Center) PRIOR LAKE Tourney - Dakotah Ice Center - Trail of Dreams Northwest, Prior Lake, MN				

# JULY 2014

## Lourdes Summer Hockey Program



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 TREAD @ OMC	2 9-10am PT @ LHS TREAD/PT @ MAYO  NO ICE - BLACKOUT	3 TREAD @ OMC	4 TREAD/PT @ MAYO	5
6	7 9-10am PT @ LHS TREAD/PT @ MAYO  5:00pm ICE	8 TREAD @ OMC	9 9-10am PT @ LHS TREAD/PT @ MAYO  5:00pm ICE	10 TREAD @ OMC	11 TREAD/PT @ MAYO	12
13	14 9-10am PT @ LHS TREAD/PT @ MAYO  5:00pm ICE	15 TREAD @ OMC	16 9-10am PT @ LHS TREAD/PT @ MAYO 5:00pm ICE Scrimmage in Red Wing	17 TREAD @ OMC	18 TREAD/PT @ MAYO	19
20	21 9-10am PT @ LHS TREAD/PT @ MAYO  5:00pm ICE	22 TREAD @ OMC	23 9-10am PT @ LHS TREAD/PT @ MAYO  5:00pm ICE	24 TREAD @ OMC	25 DULUTH Tourney 1st game 5:15pm v Marshall	26 DULUTH Tourney
27 DULUTH Tourney	28 9-10am PT @ LHS TREAD/PT @ MAYO	29 TREAD @ OMC	30 9-10am PT @ LHS TREAD/PT @ MAYO	31 TREAD @ OMC		
		<b>NOTES:</b> PT - Performance Training - 9-10am - Mon & Wed (at Lourdes) ICE - 5:00 - 6:15pm - Mon & Wed (at Rec Center - south rink) DULUTH Tourney - Mars Lakeview Arena (Rice Lake Road, Duluth, MN)				

# AUGUST 2014

## Lourdes Summer Hockey Program



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 TREAD/PT @ MAYO	2
3	4 9-10am PT @ LHS TREAD/PT @ MAYO	5 TREAD @ OMC	6 9-10am PT @ LHS TREAD/PT @ MAYO	7 TREAD @ OMC	8 TREAD/PT @ MAYO	9
10	11 9-10am PT @ LHS TREAD/PT @ MAYO	12 TREAD @ OMC	13 9-10am PT @ LHS TREAD/PT @ MAYO	14 TREAD @ OMC	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	<b>NOTES:</b> PT - Performance Training - 9-10am - Mon & Wed (at Lourdes) TREAD @ OMC - 1 hour Treadmill sessions - (at Olmsted Sports Med - 5155 55th St NW) TREAD/PT @ MAYO - 45 min Treadmill / 45 min dry land (at Mayo Sports Med - DAHLC )					