

< NOVEMBER 2019 >

Lightning Hockey 2019-2020

Bike/Yoga, Friday Oct 25th 3:30pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Oct 28 Practice Begins 3:40-5:10 W <i>Bike/Yoga 5:30</i>	Oct 29 3:40-5:10 W <i>Weight Room</i> <i>Tutorial 5:20-5:45</i>	Oct 30 3:30-4:40 W <i>Weight Room 4:50</i>	Oct 31 3:40-5:10 W	1 Lightning Scrimmages	2 10:20-12:20 W
	4 3:40-5:10 W <i>Bike/Yoga 5:30</i>	5 V 3:40-5:10 W JV 5:20-6:20 W	6 <i>Baseline Test 2:40</i> V/JV 3:30-4:40 W <i>Weight Room 4:50</i> <i>Parent Meeting 6:30</i>	7 V/JV 3:40-5:10 W	8 @ Hibbing Scrimmages R- 12:24 L- 1:00	9
	11 V 3:40-5:10 E JV/15 5:20-6:20 E	12 @ Bemidji JV 5:15/ V 7:30 R- 2:12 L- 2:45	13 V/JV 3:00-4:40 E <i>Weight Room 4:50</i>	14 Team Photos V 3:40-5:00 W JV 5:10-6:10 W	15 Holy Family JV 5:00 V 7:00	16
	18 V/JV 3:40-5:10 E <i>Bike/Yoga 5:30</i>	19 V 3:40-5:00 E JV 5:10-6:10 E	20 V/JV 3:00-4:40 E <i>Weight Room 4:50</i>	21 V 3:40-5:00 E JV 5:10-6:10 E	22 @ Cambridge JV 5:15/ V 7:30 <i>10:00am pregame skt</i> L- 10:45	23 @ Rogers JV 1:00 V 3:00
	25 V 3:40-5:10 E JV/15 5:20-6:20 E	26 @ Cloquet JV 5:15/ V 7:30 R- 2:12 L- 2:45	27 V/JV 3:30-4:40 W <i>Weight Room 4:50</i>	28 Thanksgiving	29 Turkey Tourney White Bear Lake <i>10:00am pregame skate</i> JV 5:30/ V 7:30 Youth Hockey Night	30 Turkey Tourney Blaine JV 11:30 E V 1:30 W

< DECEMBER 2019 >

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2 V/JV 3:40-5:10 W <i>Yoga Only 5:30</i>	3 Eveleth JV 5:10 V 7:00	4 V 3:00-4:40 E JV 3:00-4:00 GWY <i>Weight Room 4:50</i>	5 V 3:40-5:00 E JV 5:10-6:10 E	6 V 3:40-5:00 W JV 5:10-6:10 W	7 Shakopee JV 12:00 V 2:00
	9 V 3:40-5:10 E JV/15 5:20-6:20 E	10 @ Hibbing JV 5:10/ V 7:00 R- 2:12 L- 2:45	11 V/JV 3:30-4:40 E <i>Weight Room 4:50</i>	12 V 3:40-5:00 E JV 5:10-6:10 E	13 V/JV 3:40-5:10 W <i>Bike/Yoga 5:30</i>	14
	16 V 3:40-5:10 E JV/15 5:20-6:20 E	17 @ Duluth V 5:10/ JV 7:00 R- 1:00 L- 1:30	18 V/JV 3:30-4:40 E	19 V 3:40-5:00 W JV 5:10-6:10 W	20 @ Brainerd JV 5:00/ V 7:00 R- 1:30 L- 2:00	21
	23 V/JV 11:20-12:40 W <i>Weight Room 12:50</i>	24 11:20-12:40 W <i>Parent/ Daughter Game</i>	25 Christmas	26 Edina Tourney North Wright Co JV 12:15/ V 2:15 L- 7:30	27 Edina Tourney TBD	28 Edina Tourney TBD
	30 V/JV 11:20-12:50 W	31 V/JV 11:20-12:40 W <i>Bike/Yoga 1:00</i>				

< JANUARY 2020 >

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Weight Room 2:00</i> V/JV 3:00-4:40 W	2 V/JV 11:20-12:50 W	3 V/JV 11:20-12:40 W <i>Bike/Yoga 1:00</i>	4
	6 V 3:40-5:10 E JV/15 5:20-6:20 E	7 <i>@ Dul-Marshall</i> JV 5:15/ V 7:30 R- 2:12 L- 2:45	8 V/JV 3:30-4:40 E	9 V 3:40-4:50 W JV 3:20-4:20 E	10 <i>Elk River</i> JV 5:00 V 7:00	11 <i>Forest Lake</i> JV 12:00 V 2:00 <i>Youth Hockey Day 2</i>
	13 V 3:40-5:10 E <i>Bike/Yoga 5:30</i>	14 V 3:40-4:50 W JV 3:30-4:40 E	15 V/JV 3:30-4:40 E	16 <i>@ Blake</i> <i>Hockey Day MN</i> V 8:00 JV 3:45 @.CP-CR	17 <i>@ Andover</i> JV 5:15 V 7:30	18 <i>@ NSP-Tartan</i> JV 1:00 V 3:00
	20 12:30-2:30 Pavilion <i>Rink Day & Lunch</i> <i>Bike/Yoga 3:00</i>	21 V 3:30-5:10 W JV 5:20-6:20 W	22 V/JV 3:30-4:40 W	23 <i>Cloquet</i> JV 5:10 V 7:00 <i>Senior Night</i>	24 V 3:40-5:10 E JV 5:20-6:20 E	25 <i>@ Alexandria</i> JV 1:00/ V 3:00 7:00am pregame skt L- 7:45
	27 V 3:40-5:10 W JV/15 5:20-6:20 W	28 <i>Duluth</i> <i>@ Greenway</i> JV 5:10 V 7:00	29 V/JV 3:00-4:00 GWY	30 V 3:40-5:10 W JV 5:20-6:20 W	31 <i>Hibbing</i> JV 5:10 V 7:00	

< FEBRUARY 2020 >

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 V 1:00-2:30 Pav
	3 V 3:40-5:00 E JV/15 5:10-6:10 E	4 V 3:40-4:50 W	5 V 3:00-4:40 W	6 Section Quarters 7:00	7 V 3:30-4:30 W	8 Section Semifinal
	10 V 3:40-5:00 E	11 V 3:40-4:50 W	12 V 3:00-4:40 W	13 Section Final 7:00	14 V 3:40-5:00 E	15 V 11:00-12:20 W
	17 V 3:40-5:00 E	18 V 3:40-5:00 W	19 State Tournament	20 State Tournament	21 State Tournament	22 State Tournament