


NOVEMBER 2022

Lightning Hockey 2022-2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Oct 31 3:40-5:30 W	1 3:40-5:20 W <i>Center 6:30</i>	2 <i>Baseline Test 2:30</i> 3:30-4:40 W <i>Strength 4:50</i>	3 3:40-5:10 W <i>Team Meeting 5:20</i>	4 Lightning Scrimmages	5
	7 7:00-8:30pm W	8 3:40-5:10 W <i>Center 6:30</i>	9 3:30-4:40 W <i>Strength 4:50</i> <i>Parent Meeting 6:00</i>	10 Team Photos V 3:40-6:10 W	11 @ Hibbing Scrimmages 2:00 R- 11:20 L- 11:45	12
	14 V 3:30-5:10 W JV/15 5:20-6:20 E	15 Bemidji JV 5:00 V 7:00	16 3:30-4:40 E <i>Strength 4:50</i>	17 V 3:40-5:00 E JV 5:10-6:10 E	18 @ St. Cloud JV 5:00/ V 7:00 L- 10:30	19 @ Rogers JV 12:00 V 2:00
	21 JV/V 6:40-7:45am	22 V 3:40-5:10 E JV/15 5:20-6:20 E <i>Center 6:30</i>	23 V/JV 3:30-4:40 W <i>Strength 4:50</i>	24 Thanksgiving 	25 Turkey Tourney White Bear Lake JV 5:00 E V 7:00 W <i>10:30am pregame skate</i> <u>Youth Hockey Night!</u>	26 Turkey Tourney Blaine JV 11:00 E V 1:00 W
	28 V 3:40-5:10 E JV/15 5:20-6:20 E	29 @ Cloquet JV 5:00/ V 7:00 R- 2:00 L- 2:45	30 V/JV 3:30-4:40 E <i>Strength 4:50</i>			

DECEMBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 V 3:40-4:45 W JV 3:40-4:40 E	2 V 3:40-5:00 W JV 5:10-6:10 W	3 Shakopee JV 11:00 E V 1:00 <i>Boys Doubleheader</i>
	5 V 3:30-5:10 E JV/15 5:20-6:20 E <i>Center 6:30 Yoga</i>	6 @ Rock Ridge JV 5:00/ V 7:00 R- 2:00 L- 2:45	7 V/JV 3:30-4:40 W	8 Proctor Hermantown JV 5:00 V 7:00	9 V/JV 6:40-7:45am	10 <i>Center 10:15am</i>
	12 V 3:30-5:10 E JV/15 5:20-6:20 E <i>Center 6:30</i>	13 V 3:40-5:10 E JV/15 5:20-6:20 E	14 V/JV 3:30-4:40 E <i>Strength 4:50</i>	15 V 3:40-5:00 W JV 5:10-6:10 W	16 Hibbing JV 5:00 V 7:00	17
	19 V 3:30-5:10 W JV/15 5:20-6:20 W	20 Duluth @ Greenway JV 5:00 V 7:00	21 V/JV 3:30-4:40 E <i>Strength 4:50</i>	22 V/JV 3:30-5:00 E <i>Center 6:30</i>	23 9:40-11:40 W <i>Family Game</i>	24
	26 Edina Tourney vs Edina JV 5:15/ V 7:15 <i>practice 10:00</i> L- 11:00	27 Edina Tourney TBD	28 Edina Tourney TBD	29 V/JV 11:40-1:00 W	30 V/JV 11:40-1:00 W <i>Center 1:30</i>	31 V/JV 11:40-1:00 W

JANUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2 V 3:40-5:10 E JV/15 5:20-6:20 E	3 @ Brainerd JV 5:00/ V 7:00 R- 2:00 L- 2:45	4 V/JV 3:10-4:40 E <i>Strength 4:50</i>	5 V 3:40-5:00 W JV 5:10-6:10 W	6 Northern Tier JV 5:00 V 7:00	7
	9 V 3:40-5:10 E JV/15 5:20-6:20 E	10 @ Dul-Marshall V-only 6:00 R- 2:30 L- 3:00	11 V/JV 3:10-4:40 W	12 V 3:40-5:00 W JV 5:10-6:10 W	13 Elk River JV 5:00 V 7:00	14 Forest Lake JV 12:00 V 2:00
	16 JV/V 6:40-7:45am	17 @ Superior JV 5:00/ V 7:00 R- 2:00 L- 2:45	18 V/JV 3:10-4:40 E	19 @ Bemidji JV 5:00/ V 7:00 R- 2:00 L- 2:45	20 @ Andover JV 5:00/ V 7:00 R- 10:00 L- 10:30	21
	23 JV/V 6:40-7:45am	24 V 3:30-5:10 E JV 5:20-6:20 E <i>Center 6:30</i>	25 V/JV 3:10-4:40 W <i>Strength 4:50</i>	26 V 3:40-5:00 W JV 5:10-6:10 W	27 Alexandria JV 5:00 V 7:00	28
	30 @ Duluth JV 5:00/ V 7:00 R- 2:00 L- 2:45	31 V 3:40-5:10 E JV/15 5:20-6:20 E				

FEBRUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 V/JV 3:10-4:40 E	2 V 3:40-5:10 E JV 5:20-6:20 E	3 @ Hibbing JV 5:00/ V 7:00 R- 2:00 L- 2:45	4
	6 3:40-5:10 E Center 6:30	7 3:40-5:10 W	8 3:00-4:40 W	9 Section Quarters 7:00	10 V 3:30-5:00 W J	11 Section Semifinal TBD
	13 3:40-5:00 E	14 3:40-4:50 W	15 3:00-4:40 W	16 Section Final 7:00	17 3:30-5:10 W	18
	20 3:40-5:00 E	21 V 3:40-5:10 E	22 State Tournament	23 State Tournament	24 State Tournament	25 State Tournament
	27	28				