

NORTHERN ONTARIO HOCKEY ASSOCIATION

110 LAKESHORE DRIVE
NORTH BAY, ONTARIO P1A 2A8
PHONE: (705) 474-8851 • FAX: (705) 474-6019
www.noha.on.ca



NOHA Under-14 Itinerary – May 24 to 26, 2019

As of 2019-05-23 *Subject to Change

All Team's Itineraries

Friday, May 24, 2019

5:45 PM to 6:15 PM	Registration	West Residence – W-132
6:15 PM to 6:45 PM	Introduction to NOHA POE	West Residence – W-132
6:45 PM to 7:30 PM	Nutrition/Fitness	West Residence – W-132
8:00 PM to 9:00 PM	Overview of a Proper Warmup	Ben Avery Gym Fieldhouse D
9:00 PM	Departure	



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NOHA Green/NOHA Red Itinerary

Saturday, May 25, 2019

8:55 AM	Arrival at Countryside Arena	Countryside Arena
9:05 AM to 9:35 PM	Overview of Practice Drills	Countryside – Hall of Fame Room
9:35 AM to 9:55 AM	Warmup	Countryside Arena
9:55 AM to 10:15 AM	Dress for Practice	Countryside Arena
10:15 AM to 11:35 AM	Skating Specific Skills	Countryside Arena – Pad #2
11:35 AM to 11:45 AM	Prepare for Cooldown	Countryside Arena
11:45 AM to 12:15 PM	Cooldown	Countryside Arena
12:15 PM to 12:30 PM	Change/Shower	Countryside Arena
12:30 PM to 12:45 PM	Travel to LU – Great Hall – By Bus	Pickup at Countryside Arena
12:45 PM to 1:15 PM	Lunch	LU – Great Hall
1:15 PM to 2:00 PM	Technical Performance	West Residence – W-132
2:00 PM to 3:00 PM	Team Building – Separate Teams	West Residence
3:00 PM to 3:45 PM	Off-Ice Seminar	West Residence – W-132
3:45 PM to 4:15 PM	Dinner	LU – Great Hall
4:15 PM to 4:30 PM	Travel to Countryside – By Bus	Pickup at West Residence
5:45 PM to 7:05 PM	Game #1 – Red vs. Green	Countryside Arena – Pad #2
7:15 PM to 7:30 PM	Cooldown	Countryside Arena
7:45 PM	Departure	Countryside Arena



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NOHA Black/NOHA White Itinerary

Saturday, May 25, 2019

10:40 AM	Arrival at Countryside Arena	Countryside Arena
10:50 AM to 11:10 AM	Warmup	Countryside Arena
11:10 AM to 11:25 AM	Dress for Practice	Countryside Arena
11:25 AM to 11:45 AM	Overview of Practice by Coaches	Countryside Arena
11:45 AM to 1:05 PM	Skating Specific Skills	Countryside Arena – Pad #2
1:05 PM to 1:15 PM	Prepare for Cooldown	Countryside Arena
1:15 PM to 1:45 PM	Cooldown	Countryside Arena
1:45 PM to 2:00 PM	Change/Shower	Countryside Arena
2:00 PM to 2:15 PM	Travel to LU – Great Hall – By Bus	Pickup at Countryside Arena
2:15 PM to 2:45 PM	Lunch	LU – Great Hall
2:45 PM to 3:30 PM	Technical Performance	West Residence – W-132
3:30 PM to 4:15 PM	Team Building – Separate Teams	West Residence
4:15 PM to 5:00 PM	Off-Ice Seminar	West Residence – W-132
5:00 PM to 5:30 PM	Dinner	LU – Great Hall
5:30 PM to 5:45 PM	Travel to Countryside – By Bus	Pickup at West Residence
7:15 PM to 8:35 PM	Game #2 – Black vs. White	Countryside Arena – Pad #2
8:45 PM to 9:15 PM	Cooldown	Countryside Arena
9:30 PM	Departure	Countryside Arena



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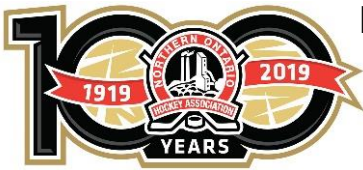
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NOHA Green/NOHA Black Itinerary

Sunday, May 26, 2019

6:25 AM	Arrival at Countryside Arena	Countryside Arena
	<ul style="list-style-type: none">• Green and Black Forwards	
6:30 AM to 6:50 AM	Warmup	Countryside Arena
	<ul style="list-style-type: none">• Green and Black Forwards	
6:40 AM	Arrival at Countryside Arena	Countryside Arena
	<ul style="list-style-type: none">• Green and Black Defencemen	
6:45 AM to 7:05 AM	Warmup	Countryside Arena
	<ul style="list-style-type: none">• Green and Black Defencemen	
7:00 AM to 7:50 AM	Forward Specific Skills Practice	Countryside Arena – Pad #2
	<ul style="list-style-type: none">• Green and Black Forwards	
7:15 AM to 8:05 AM	Defencemen Specific Skills Practice	Countryside Arena – Pad #2
	<ul style="list-style-type: none">• Green and Black Defencemen	
8:00 AM to 8:20 AM	Cooldown	Countryside Arena
	<ul style="list-style-type: none">• Green and Black Forwards	
8:15 AM to 8:35 AM	Cooldown	Countryside Arena
	<ul style="list-style-type: none">• Green and Black Defencemen	
8:45 AM to 9:00 AM	Travel to LU – Great Hall – By Bus	Pickup at Countryside Arena
	<ul style="list-style-type: none">• Green and Black Full Teams	
9:05 AM to 9:45 AM	Breakfast	LU – Great Hall
10:00 AM to 11:00 AM	Hockey Pathways	West Residence – W-132
11:00 AM to 11:15 AM	Travel to Countryside – By Bus	Pickup at West Residence
1:00 PM to 2:20 PM	Game #3 – Green vs. Black	Countryside Arena – Pad #1
2:30 PM to 2:50 PM	Cooldown	Countryside Arena
3:00 PM	Departure	Countryside Arena



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NOHA White/NOHA Red Itinerary

Sunday, May 26, 2019

7:25 AM	Arrival at Countryside Arena	Countryside Arena
•	White and Red Fowards	
7:30 AM to 7:50 AM	Warmup	Countryside Arena
•	White and Red Fowards	
7:40 AM	Arrival at Countryside Arena	Countryside Arena
•	White and Red Defencemen	
7:45 AM to 8:05 AM	Warmup	Countryside Arena
•	White and Red Defencemen	
8:00 AM to 8:50 AM	Forward Specific Skills Practice	Countryside Arena – Pad #2
•	White and Red Fowards	
8:15 AM to 9:05 AM	Defencemen Specific Skills Practice	Countryside Arena – Pad #2
•	White and Red Defencemen	
9:00 AM to 9:20 AM	Cooldown	Countryside Arena
•	White and Red Fowards	
9:15 AM to 9:35 AM	Cooldown	Countryside Arena
•	White and Red Defencemen	
9:45 AM to 10:00 AM	Travel to LU – Great Hall – By Bus	Pickup at Countryside Arena
•	White and Red Full Teams	
10:05 AM to 10:45 AM	Breakfast	LU – Great Hall
11:00 AM to 12:00 PM	Hockey Pathways	West Residence – W-132
12:00 PM to 12:15 PM	Travel to Countryside – By Bus	Pickup at West Residence
1:15 PM to 2:35 PM	Game #4 – White vs. Red	Countryside Arena – Pad #2
2:45 PM to 3:05 PM	Cooldown	Countryside Arena
3:15 PM	Departure	Countryside Arena