



KEY:
EXAMS
 ON ICE SESSIONS
 NO SCHOOL

Quarter 3 Hockey Academy A Group Blocks 1 & 2 Mr. Langager

Monday	Tuesday	Wednesday	Thursday	Friday
Mon to Thurs Block 1 (8:03-9:21) Block 2 (9:29-10:47)	Friday Block 1 (8:03-8:58) Block 2 (8:58-9:53)		26	27
Jan. 30 Orientation	31 Fitness Centre/Skills Basketball Skills	Feb. 1 Skills Video (rm 515) Gym/Fitness Centre	2 A + B Civic Ice 8:30 – 10:00	3 Module 1/Skill Centre Rm 515
6 Civic Ice 8:30 – 10:15	7 Holiday Bowl (8:45-10:00)	8 Nicholas Sheran 8:30 – 10:30	9 Badminton Skills	10 YOGA (8:45-9:45)
13 Badminton Games	14 Nicholas Sheran 8:30 – 10:30	15 Forwards/A Goalie Nicholas Sheran 8:30 – 10:30 U of L Pool (9-10)	16 Defense/B Goalie Civic Ice 8:30 – 10:00 U of L Pool (9-10)	17 Badminton Skill Test Module 1/Skill Centre
20	21	22	23	24
February Break		Teacher Convention		
27 Civic Ice 8:30 – 10:15	28 Rm 515 Be Fit For Life (10:00-11:00)	29 Nicholas Sheran 8:30 – 10:30	Mar. 1 Soccer Speedball	2 Module 2/Skill Centre Curling Intro (rm 515)
5 Curling 8:30-10:30	6 Civic Ice 8:30 – 10:00	7 Defense/A Goalies Nicholas Sheran 8:30 – 10:30 Curling 8:30-10:30	8 Forwards/B Goalies Civic Ice 8:30 – 10:00 Curling 8:30-10:30	9 A + B Floor Hockey/Skills
12 Civic Ice 8:30 – 10:30	13 U of L Climbing Wall (8:30-10:30)	14 Nicholas Sheran 8:30 – 10:30	15 Handball Tchouk Ball Bashball	16 PFA (8:30-9:30)
19 Spiritual Day No School	20 Volleyball Skills	21 A + B Game Nicholas Sheran 8:30 – 10:30	22 Civic Ice 8:30 – 10:00	23 Module 2 & 3
26 Volleyball Games Floor Hockey	27 Civic Ice 8:30 – 10:15	28 A + B Game Nicholas Sheran 8:30 – 10:30	29 Module 3 Mass (9:30-10:30)	30 Volleyball Skill Test Module 3/Skill Centre
Apr. 2	3	4	5	6
Easter Holidays				



Quarter 4 Hockey Academy A Group Blocks 1 & 2 Mr. Langager

Monday	Tuesday	Wednesday	Thursday	Friday
9 Easter Monday	10 Module Clean-Up Hip Hop History	11 Exams	12 Exams	13 Exams
16 Nicholas Sheran 8:30 – 10:30	17 Hip Hop Lesson (9:00-10:00)	18 Nicholas Sheran 8:30 – 10:30	19 Sepak Takraw Pickle Ball	20 Module 4/Skill Centre GYM
23 U of L Pool Canoeing (9-10)	24 Nicholas Sheran 8:30 – 10:30	25 Defense/B Goalie Nicholas Sheran 8:30 – 10:30 Holiday Bowl (8:45-10:00)	26 Forwards/A Goalie Nicholas Sheran 8:30 – 10:30 Holiday Bowl (8:45-10:00)	27 PD Day No School
30 Nicholas Sheran 8:30 – 10:30	May. 1 Kickball/Dodgeball Floor Hockey	2 Nicholas Sheran 8:30 – 10:30	3 Soccer Football	4 Snapple Ball Module 4/Skill Centre
7 PFA (9:00-10:00)	8 Nicholas Sheran 8:30 – 10:30	9 Tennis Skills	10 Nicholas Sheran 8:30 – 10:30	11 Module 5
14 Nicholas Sheran 8:30 – 10:30	15 Scuba Diving @ Max Bell Pool (9:20-10:50)	16 Forwards/B Goalie Nicholas Sheran 8:30 – 10:30 TENNIS GAMES	17 Defense/A Goalie Nicholas Sheran 8:30 – 10:30 TENNIS GAMES	18 YOGA (8:45-9:45)
21 Victoria Day No School	22 Staff Retreat No School	23 Tennis Games Tennis Quiz Golf Swing	24 Nicholas Sheran 8:30 – 10:30	25 Evergreen Driving Range/ Mini Golf (8:30-9:30)
28 Nicholas Sheran 8:30 – 10:30	29 Baseball Ultimate Frisbee	30 Nicholas Sheran 8:30 – 10:30	31 Evergreen 9 Hole Golf (8:30-10:30)	Jun. 1 Module 5/Skill Centre Floor Hockey
4 Defense/A Goalie Nicholas Sheran 8:30 – 10:30 Evergreen Golf	5 REC SWIM??	6 Year End Mass 9:00-10:30	7 Forwards/B Goalie Nicholas Sheran 8:30 – 10:30 Evergreen Golf	8 Henderson Horseshoes (8:30-9:30)
11 A + B Game Nicholas Sheran 8:30 – 10:30	12 3 on 3 Tournament Nicholas Sheran 8:30 – 10:30	13 3 on 3 Tournament Nicholas Sheran 8:30 – 10:30	14 2 nd Annual Street Hockey Tournament	15 Rm 515
18 Exams	19 Exams	20 Exams	21 Exams	22 Exams
25 Exams	26 Exams	27 Exams	28 Exams	29 Last Day of School