



# **BANDITS**



**2009 Practice Ice Sessions & Velocity Dryland Training**  
**September 14<sup>th</sup> – November 13<sup>th</sup>**  
**\*\*Schedule subject to change\*\***

## **Mite Red**

**Tuesday**  
**Velocity Dryland: 6:00**  
**Ice: 7:00 – 8:00**

**Wednesday**  
**Ice: 6:15 – 7:15**

## **Mite Gray**

**Monday**  
**Velocity Dryland: 7:15**  
**Ice: 6:00 – 7:00**  
Time change  
10/12 Ice: 7:15-8:15

**Friday**  
**Ice: 6:15 – 7:15**  
No practice 9/18 – moved to  
Sun. 9/20 – time TBD

## **Squirt A**

**Monday**  
**Velocity Dryland: 7:30**  
**Ice: 6:15 – 7:15**

**Wednesday**  
**Velocity Dryland: 6:30**  
**Ice: 7:30 – 8:30**

## **Squirt B Red**

**Monday**  
**Velocity Dryland: 5:30**  
**Ice: 6:45 – 7:45**

**Wednesday**  
**Velocity Dryland: 6:00**  
**Ice: 7:00 – 8:00**

## **Squirt B Black**

**Monday**  
**Velocity Dryland: 5:15**  
**Ice: 6:30 – 7:30**  
Time change  
10/12 Ice: 7:45-8:45

**Wednesday**  
**Velocity Dryland: 5:30**  
**Ice: 6:45 – 7:45**

## **PeeWee AA**

**Monday**  
**Velocity Dryland: 6:15**  
**Ice: 7:45 – 8:45**  
Time change  
10/12 Ice: 9:00-10:00

**Wednesday**  
**Velocity Dryland: 6:30**  
**Ice: 8:00 – 9:00**

***Remaining teams & Robby Glantz schedule on reverse***

Practices are 30/30/30 except for Mite on Wednesday & Friday ó those are shared

## PeeWee A

Tuesday  
Velocity Dryland: 5:00  
Ice: 6:15 – 7:15

Thursday  
Velocity Dryland: 5:45  
Ice: 6:45 – 7:45

## PeeWee B

Tuesday  
Velocity Dryland: 5:45  
Ice: 6:45 – 7:45

Thursday  
Velocity Dryland: 5:00  
Ice: 6:15 – 7:15

## Bantam AA

Tuesday  
Velocity Dryland: 6:45  
Ice: 8:00 – 9:00

Thursday  
Velocity Dryland: 7:00  
Ice: 8:30 – 9:30

## Bantam A

Tuesday  
Velocity Dryland: 7:00  
Ice: 8:30 – 9:30

Thursday  
Velocity Dryland: 6:30  
Ice: 8:00 – 9:00

## Bantam B

Monday  
Velocity Dryland: 7:30  
Ice: 8:15 – 9:15  
Time change  
10/12 Ice: 9:30-10:30

Wednesday  
Velocity Dryland: 7:15  
Ice: 8:30 – 9:30



# Robby Glantz

## Mite

Thurs. 9/10	6:15 PM – 7:15 PM
Fri. 9/11	6:15 PM – 7:15 PM
Sat. 9/12	9:45 AM – 10:45 AM

## Squirt

Wed. 9/9	6:15 PM – 7:15 PM
Thurs. 9/10	7:30 PM – 8:30 PM
Sat. 9/12	11:00 AM – 12:00 PM

## PeeWee

Wed. 9/9	7:30 PM – 8:30 PM
Fri. 9/11	7:30 PM – 8:30 PM
Sat. 9/12	12:15 PM – 1:15 PM

## Bantam

Wed. 9/9	8:45 PM – 9:45 PM
Thurs. 9/10	8:45 PM – 9:45 PM
Fri. 9/11	8:45 PM – 9:45 PM

Practices are 30/30/30 except for Mite on Wednesday & Friday ó those are shared