


GO Kingfish

Christmas Training: Senior Kingfish and Senior Blue

Coach: Jason Allen		senior @gokingfish.ca			Website: gokingfish.ca		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
				22	23	24	25
			5:25-5:30am uOttawa 4:00-6:00pm uOttawa Last day @ uOttawa	5:30-7:00am Human Performance (H2.o)	No Practice	 Merry Christmas and Happy Holidays	
26	27	28	29	30	31	1	
No Practice	6:30-8:00am Human Performance (H2.o) 4:30-6:00pm Carleton	2:30-5:00pm Gatineau	2:30-5:00pm Gatineau	6:30-8:00am Human Performance (H2.o) 4:30-6:00pm Carleton	8:00-11:00am Gatineau	Happy New Years!	
2	3	4					
No Practice	No Practice	Back to normal Schedule					




Christmas Training: Senior Orange

Coach: Jason Allen		senior @gokingfish.ca			Website: gokingfish.ca		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
				22	23	24	25
			4:00-6:00pm uOttawa Last day @ uOttawa	No Practice	No Practice	 Merry Christmas and Happy Holidays	
26	27	28	29	30	31	1	
No Practice	9:00-11:00am Gatineau	2:30-5:00pm Gatineau	2:30-5:00pm Gatineau	9:00-11:00am Gatineau	No Practice	Happy New Years!	
2	3	4					
No Practice	No Practice	Back to normal Schedule					

GO Kingfish

Christmas Training: Youth and Gold

Coach: Jason Allen		senior @gokingfish.ca			Website: gokingfish.ca	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			22	23	24	25
			4:00-6:00pm uOttawa Last day @ uOttawa	No Practice	No Practice	 Merry Christmas and Happy Holidays
26	27	28	29	30	31	1
No Practice	9:00-11:00am Gatineau	9:00-11:00am Gatineau	9:00-11:00am Gatineau	9:00-11:00am Gatineau	No Practice	Happy New Years!
2	3	4				
No Pratice	No Practice	Back to normal Schedule				

