



## Christmas Training: 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<br>uOttawa<br>Last day @ uOttawa | No Practice              | No Practice | <br>Merry Christmas and<br>Happy Holidays |  |  |
| 26                 | 27                       | 28                         | 29   | 30                       | 31          | 1  |  |  |
| No Practice        | 9:00-11:00am<br>Gatineau | 9:00-11:00am<br>Gatineau   | No Practice                                  | 9:00-11:00am<br>Gatineau | No Practice | Happy New<br>Years!  |  |  |
| 2                  | 3                        | 4                          |  |                          |             |  |  |  |
| No Practice        | No Practice              | Back to normal<br>Schedule |  |                          |             |  |  |  |