## Melville City Hockey Club - 2017 Womens' Lower Squad Season Program

	Preseason/Season				Sea	son	Season		
	April			May			June		
Mon				1					
Tues				2					
Wed				3	6-7pm	Turf Training			
Thurs				4	6:30-7:15pm	Fitness	1	NC	) TRAINING
Fri				5			2		
Sat	1			6		Round 4	3	RYF - I (	ONG WEEKEND
Sun	2	1:30-3:30pm	Grading Games	7	ROUNG 4		4	STE ESTIG WEEKEND	
Mon	3			8			5		
Tues	4			9			6		
Wed	5	6-7:30pm	Team Training	10	6-7pm	Turf Training	7	6-7pm	Turf Training
Thurs	6			11	6:30-7:15pm	Fitness	8	6:30-7:15pm	Fitness
Fri	7			12			9		
Sat	8	Round 1		13			10	Round 8	
Sun	9		ROUNG 1	14		Rooma 5	11		
Mon	10			15			12		
Tues	11			16			13		
Wed	12	6-7pm	Turf Training	17	6-7pm	Turf Training	14	6-7pm	Turf Training
Thurs	13			18	6:30-7:15pm	Fitness	15	6:30-7:15pm	Fitness
Fri	14			19			16		
Sat	15			20	Poling &		17		
Sun	16	D12	LA WIER WEEREND	21	Rooma o		18		Rooma 7
Mon	17			22			19		
Tues	18			23			20		
Wed	19	6-7pm	Turf Training	24	6-7pm	Turf Training	21	6-7pm	Turf Training
Thurs	20	6:30-7:15pm	Fitness	25	6:30-7:15pm	Fitness	22	6:30-7:15pm	Fitness
Fri	21			26			23		
Sat	22	Round 2		27	Round 7		24	KOUDA III	
Sun	23			28			25		
Mon	24			29			26		
Tues	25			30			27		
Wed	26	6-7pm	Turf Training	31	6-7pm	Turf Training	28	6-7pm	Turf Training
Thurs	27	6:30-7:15pm	Fitness				29	6:30-7:15pm	Fitness
Fri	28						30		
Sat	29	Round 3							
Sun	30								
Mon	31								

## Melville City Hockey Club - 2017 Womens' Lower Squad Season Program

	Season			Season				Finals		
	July			August			September			
Mon										
Tues				1						
Wed				2	6-7pm	Turf Training				
Thurs				3	6:30-7:15pm	Fitness				
Fri				4			1			
Sat	1		Dound 11	5	Round 16		2	PRELIM FINALS		
Sun	2	Round 11		6	ROUTIG 16		3	PRELIMI FIINALS		
Mon	3			7			4			
Tues	4			8			5			
Wed	5	NO	O TRAINING	9	6-7pm	Turf Training	6			
Thurs	6			10	6:30-7:15pm	Fitness	7			
Fri	7			11			8			
Sat	8	Round 12		12	Poling I /		9	GRAND FINALS		
Sun	9			13			10			
Mon	10			14			11			
Tues	11			15			12			
Wed	12	6-7pm	Turf Training	16	6-7pm	Turf Training	13			
Thurs	13	6:30-7:15pm	Fitness	17	6:30-7:15pm	Fitness	14			
Fri	14			18			15			
Sat	15			19	20 Round 18		16			
Sun	16			20			17			
Mon	17			21			18			
Tues	18			22			19			
Wed	19	6-7pm	Turf Training	23			20			
Thurs	20	6:30-7:15pm	Fitness	24			21			
Fri	21			25			22			
Sat	22	- KOUDO 14		26	27 SEMI FINALS		23			
Sun	23			27			24			
Mon	24			28			25			
Tues	25			29			26			
Wed	26	6-7pm	Turf Training	30			27			
Thurs	27	6:30-7:15pm	Fitness	31			28			
Fri	28						29			
Sat	29						30			
Sun	30	Round 15								
Mon	31									