



Player Daily Schedule

The schedule below will outline your daily routine before all games. It is mandatory for all players to attend the pregame meetings. If you do not attend it will affect your playing time for the game.

While we are in Edmonton we expect everyone to behave like responsible adults. Should there be any issues with your behavior while we are at the Hotel or at the games it will affect your participation in the games. There will be lots of free time while you are in Edmonton so remember to be respectful and represent Astra in a professional manner. **We will be enforcing a "0" tolerance for alcohol.**

Curfew for Friday, Saturday, and Sunday will be as follows. You will need to be in your rooms by 11:00 pm, and lights out at 11:30 pm.

The schedule is as follows;

Saturday – Kick Off 11:15 am – RIEL, St Albert

Wake Up	8:00 am
Breakfast	8:30 am
Pregame Meeting	9:00 am (Location TBD)
Depart Hotel	9:45 am
Warm up	10:15 am
Recovery Session	6:00 pm – See Map Attached
Ice Baths	10:00 pm

Sunday – Kick Off 10:30 am – Jasper Place - Turf

Breakfast	8:00am
Pregame Meeting	8:45 am (Location TBD)
Depart Hotel	9:15am
Warm up	9:30apm
Recovery Session	6:00 pm – See Map Attached
Ice Bath	10:00 pm

Monday – Kick Off 8:00 am or 9:30 am – RIEL or Coronation Park

Wake Up	6:15 am
Breakfast (Very Light.)	6:30 am
Depart Hotel	6:45am (Location TBD)
Warm Up	7:30 am
Next game at 2:00 or 3:30pm	Eat, Hydrate, Rest, Rest,

Make sure you hydrate at all times. Carry a water bottle with you wherever you go. Make sensible choices for the meals you eat. Keep in mind that rest is important between games.

If you have any questions about the above schedule please speak to one of the coaches.



Recovery Session Location

