

---

# 2019-2020 Irondale/St. Anthony Knights Hockey Week 2 Nov. 4th - Nov. 10th

---

## Monday November 4th

Practice N.S.C. Rink 7

3:50 Varsity Dryland at FHIT

4:10 Junior Varsity on the Ice

4:40 Varsity on the Ice

5:20 Junior Varsity off the Ice

5:30 Junior Varsity at FHIT

6:10 Everyone done

---

## Tuesday November 5th

Practice N.S.C. Rink 7

3:50 Varsity Dryland at FHIT

4:10 Junior Varsity on the Ice

4:40 Varsity on the Ice

5:20 Junior Varsity off the Ice

5:30 Junior Varsity at FHIT

6:10 Everyone done

---

---

## Wednesday November 6th

Practice N.S.C. Rink 7

3:50 Varsity Dryland at FHIT

4:10 Junior Varsity on the Ice

4:40 Varsity on the Ice

5:20 Junior Varsity off the Ice

5:30 Junior Varsity at FHIT

6:10 Everyone done

---

## Thursday November 7th

Practice N.S.C. Rink 7

3:50 Varsity Dryland at FHIT

4:10 Junior Varsity on the Ice

4:40 Varsity on the Ice

5:20 Junior Varsity off the Ice

5:30 Junior Varsity at FHIT

6:10 Everyone done

---

---

## Friday November 8th

Practice N.S.C. Rink 7

3:45 Team Photos with David Banks

Everyone on the Ice

6:10 Everyone done

---

## Saturday November 9th

Rest

---

## Sunday November 10th

Rest and do something good

