

**KOVALCHUK GROUP**  
**“A”**

**Sunday**

1:15 p.m. Dressing room  
2:00 p.m. On ice

**Monday through Thursday**

***Resident Students Only:***

6:00 a.m. Rise and shine  
6:10 a.m. Bus  
6:40 a.m. Breakfast

**Friday**

***Resident Students Only:***

6:00 a.m. Rise and shine  
6:10 a.m. Bus  
6:40 a.m. Breakfast

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7:20 a.m. Dressing room

7:50 a.m. On ice

9:00 a.m. Conditioning

9:45 a.m. Video

10:45 a.m. Lecture

11:35 a.m. Dressing room

12:30 p.m. On ice

1:25 p.m. Lunch

2:15 p.m. Fun and Games

3:30 p.m. Dressing room

4:00 p.m. Game 1

5:40 p.m. Dinner for Game #1  
(Resident only)

**END OF DAY**

7:20 a.m. Dressing room

7:50 a.m. On ice

9:00 a.m. Conditioning

9:30 a.m. Lecture

10:15 a.m. Fun and Games

11:15 a.m. Lunch

12:00 p.m. Dressing room for Game #1

12:30 p.m. Stanley Cup Game #1

**END OF PROGRAM**

**\* Bus for Resident students only : Game 1 – 8:15 pm departure from rink**