



Itinerary for Regionals at East Grand Forks

Thursday 2/26

4:15-5:15pm	Practice at Icon Sports Center EGF
6:15pm	Team Dinner at Hotel
7:00pm	Watch Section 7AA Final (if we can get it)
10:00pm	Bed

Friday 2/27

8:00am	Wake up and Breakfast
9:30am	Team stretch and light workout
11:00am	Light Lunch (snack)
Noon	Arrive at rink
1:00pm	Beat Brainerd
4:00pm	Tour to the Ralph
6:00pm	Dinner
9:00pm	Bed

Saturday 2/28

8am Game

6:00am	Wake up and Breakfast
7:00am	Arrive at Rink
8:00am	Puck Drop
Noon	Lunch
Rest of Day	TBD

Noon Game

8:00am	Wake up and Breakfast
9:30am	Team stretch and light workout
11:00am	Arrive at rink
Noon	Puck drop
Rest of Day	TBD