



ST JOHN PAUL II
PATRIOTS
Sports Program

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Christmas Break No School	3	4	5
6	7	8 Elite: On-ice Comp: On-ice Rec: U of A testing	9 Early Dismissal Fitness Centre Circuit training	10	11 Curling A & B	12
13	14	15 *Sunridge	16 Curling	17	18 Curling A & B	19
20	21	22 Elite: On-ice Rec: Dryland/Games Comp: U of A testing	23 Curling	24	25 Curling A & B	26
27	28	29 Comp: On-ice Rec: Dryland/Games Elite: U of A testing	30 Curling	31		

NOTES

Clothing

Students must bring all Sports Program clothing and a clean pair of shoes each day. They way also want to bring a **water bottle** to the activities in order to stay hydrated!

*Sunridge (Full Day)

Please bring a bagged lunch or money to purchase food at the concession.

If you have your own ski/snowboard equipment you can load it into the trailer in the morning and it will be taken to the hill for you.

Behavior Expectations

Students are expected to follow all Sports Program Rules and Guidelines- "Be a Champion"

Upcoming Activities

Self-defense
Gymnastics
Nordic Skiing

Full day Trips:

-Hockey Hooky: Feb. 26