

Month	Day	Date	Time	School	Court	Team	Notes	OVA Tournaments & Provincials
October	Sunday	20	2pm to 5pm	Nipissing	C2	U18G Laperriere	Strength & Conditioning BEFORE practice	
October	Monday	21	6pm to 8pm	Odyssee	1	U18G Laperriere	Gym Closed	
October	Wednesday	23	7pm to 9pm	Fricker	2	U18G Laperriere		
October	Sunday	27	2:30pm to 4pm	Nipissing	A2	U18G Laperriere	No Strength & Conditioning	
October	Monday	28	6pm to 8pm	Odyssee	1	U18G Laperriere		
October	Wednesday	30	7pm to 9pm	Fricker	2	U18G Laperriere		
November	Sunday	03	1pm to 4pm	Nipissing	B2	U18G Laperriere	Strength & Conditioning BEFORE practice	
November	Monday	04	6pm to 8pm	Odyssee	1	U18G Laperriere		
November	Wednesday	06	7pm to 9pm	Fricker	2	U18G Laperriere		
November	Sunday	10	4pm to 5:30pm	Nipissing	A2	U18G Laperriere	No Strength & Conditioning	
November	Monday	11	6pm to 8pm	Odyssee	1	U18G Laperriere		
November	Wednesday	13	7pm to 9pm	Fricker	2	U18G Laperriere		
November	Sunday	17	1pm to 4pm	Nipissing	C1	U18G Laperriere	Strength & Conditioning BEFORE practice	OVA Tournament
November	Monday	18	6pm to 8pm	Odyssee	1	U18G Laperriere		
November	Wednesday	20	7pm to 9pm	Fricker	2	U18G Laperriere		
November	Sunday	24	1pm to 4pm	Nipissing	C1	U18G Laperriere	Strength & Conditioning BEFORE practice	
November	Monday	25	6pm to 8pm	Odyssee	1	U18G Laperriere		
November	Wednesday	27	7pm to 9pm	Fricker	2	U18G Laperriere		
December	Sunday	01	1pm to 4pm	Nipissing	C1	U18G Laperriere	Strength & Conditioning BEFORE practice	
December	Monday	02	6pm to 8pm	Odyssee	1	U18G Laperriere		
December	Wednesday	04	7pm to 9pm	Fricker	2	U18G Laperriere		
December	Sunday	08	1pm to 4pm	Nipissing	C1	U18G Laperriere	Strength & Conditioning BEFORE practice	
December	Monday	09	6pm to 8pm	Odyssee	1	U18G Laperriere		
December	Wednesday	11	7pm to 9pm	Fricker	2	U18G Laperriere		
December	Saturday	14	8am to 8pm	Nipissing	A-B-C	All Teams	Hosting an OVA Tournament (U18G)	
December	Sunday	15	1pm to 4pm	Nipissing	C1	U18G Laperriere	Strength & Conditioning BEFORE practice	OVA Tournament
December	Monday	16	6pm to 8pm	Odyssee	1	U18G Laperriere		
December	Wednesday	18	7pm to 9pm	Fricker	2	U18G Laperriere		
December	Monday	23	6pm to 8pm	Odyssee	1	U18G Laperriere	Gym Closed	
December	Monday	30	6pm to 8pm	Odyssee	1	U18G Laperriere	Gym Closed	
January	Monday	06	6pm to 8pm	Odyssee	1	U18G Laperriere		
January	Wednesday	08	7pm to 9pm	Fricker	2	U18G Laperriere		
January	Sunday	12	4pm to 5:30pm	Nipissing	A2	U18G Laperriere	No Strength & Conditioning	

January	Wednesday	15	7pm to 9pm	Fricker	2	U18G Laperriere		
January	Sunday	19	4pm to 5:30pm	Nipissing	A2	U18G Laperriere	No Strength & Conditioning	OVA Tournament
January	Monday	20	6pm to 8pm	Odyssee	1	U18G Laperriere		
January	Wednesday	22	7pm to 9pm	Fricker	2	U18G Laperriere		
January	Saturday	25	8am to 8pm	Nipissing	A-B-C	All Teams	Hosting an OVA Tournament (U16G)	
January	Sunday	26	1pm to 4pm	Nipissing	C1	U18G Laperriere	Strength & Conditioning BEFORE practice	
January	Monday	27	6pm to 8pm	Odyssee	1	U18G Laperriere		
January	Wednesday	29	7pm to 9pm	Fricker	2	U18G Laperriere		
February	Sunday	02	1pm to 4pm	Nipissing	C1	U18G Laperriere	Strength & Conditioning BEFORE practice	
February	Monday	03	6pm to 8pm	Odyssee	1	U18G Laperriere		
February	Wednesday	05	7pm to 9pm	Fricker	2	U18G Laperriere		
February	Sunday	09	1pm to 4pm	Nipissing	C1	U18G Laperriere	Strength & Conditioning BEFORE practice	OVA Tournament
February	Monday	10	6pm to 8pm	Odyssee	1	U18G Laperriere		
February	Wednesday	12	7pm to 9pm	Fricker	2	U18G Laperriere		
February	Sunday	16	1pm to 4pm	Nipissing	C1	U18G Laperriere	Strength & Conditioning BEFORE practice	
February	Monday	17	6pm to 8pm	Odyssee	1	U18G Laperriere		
February	Wednesday	19	7pm to 9pm	Fricker	2	U18G Laperriere		
February	Sunday	23	3:30pm to 4:30pm	Nipissing	A2	U18G Laperriere	No Strength & Conditioning	
February	Wednesday	26	7pm to 9pm	Fricker	2	U18G Laperriere		
March	Sunday	01	1pm to 4pm	Nipissing	C1	U18G Laperriere	Strength & Conditioning BEFORE practice	
March	Monday	02	6pm to 8pm	Odyssee	1	U18G Laperriere		
March	Wednesday	04	7pm to 9pm	Fricker	2	U18G Laperriere		
March	Sunday	08	1pm to 4pm	Nipissing	C1	U18G Laperriere	Strength & Conditioning BEFORE practice	
March	Monday	09	6pm to 8pm	Odyssee	1	U18G Laperriere		
March	Wednesday	11	7pm to 9pm	Fricker	2	U18G Laperriere		
March	Sunday	15	1pm to 4pm	Nipissing	C1	U18G Laperriere	Strength & Conditioning AFTER practice	
March	Monday	16	6pm to 8pm	Odyssee	1	U18G Laperriere	Gym Closed	
March	Sunday	22	1pm to 4pm	Nipissing	C1	U18G Laperriere	Strength & Conditioning AFTER practice	
March	Monday	23	6pm to 8pm	Odyssee	1	U18G Laperriere		
March	Wednesday	25	7pm to 9pm	Fricker	2	U18G Laperriere		
March	Monday	30	6pm to 8pm	Odyssee	1	U18G Laperriere		
April	Wednesday	01	7pm to 9pm	Fricker	2	U18G Laperriere		
April	Sunday	05	2pm to 5pm	Nipissing	C1	U18G Laperriere	Strength & Conditioning BEFORE practice	
April	Monday	06	6pm to 8pm	Odyssee	1	U18G Laperriere		

April	Wednesday	08	7pm to 9pm	Fricker	2	U18G Laperriere		
April	Monday	13	6pm to 8pm	Odyssee	1	U18G Laperriere	Gym Closed	Provincials Apr 16-18