

Month	Day	Date	Time	School	Court	Team	Notes	OVA Tournaments & Provincials
October	Thursday	03	4:30pm to 6:30pm	Nipissing	A1	U13G Henstridge		
October	Thursday	03	5pm to 7pm	Fricker	1	U13G Henstridge	CUPE Strike - GYM CLOSED	
October	Saturday	05	9am to 11am	Canadore	2	U13G Henstridge		
October	Thursday	10	5pm to 7pm	Fricker	1	U13G Henstridge		
October	Thursday	17	5pm to 7pm	Fricker	1	U13G Henstridge		
October	Sunday	20	10am to 1pm	Nipissing	A1	U13G Henstridge	Strength & Conditioning AFTER practice	
October	Thursday	24	5pm to 7pm	Fricker	1	U13G Henstridge		
October	Sunday	27	10:00am to 11:30am	Nipissing	A1	U13G Henstridge	No Strength & Conditioning	
October	Thursday	31	5pm to 7pm	Fricker	1	U13G Henstridge		
November	Sunday	03	10am to 1pm	Nipissing	B1	U13G Henstridge	Strength & Conditioning AFTER practice	
November	Thursday	07	5pm to 7pm	Fricker	1	U13G Henstridge		
November	Sunday	10	11:30am to 1pm	Nipissing	A1	U13G Henstridge	No Strength & Conditioning	
November	Thursday	14	5pm to 7pm	Fricker	1	U13G Henstridge		
November	Sunday	17	10am to 1pm	Nipissing	A1	U13G Henstridge	Strength & Conditioning AFTER practice	OVA Tournament
November	Thursday	21	5pm to 7pm	Fricker	1	U13G Henstridge		
November	Sunday	24	10am to 1pm	Nipissing	A1	U13G Henstridge	Strength & Conditioning AFTER practice	
November	Thursday	28	5pm to 7pm	Fricker	1	U13G Henstridge		
December	Sunday	01	10am to 1pm	Nipissing	A1	U13G Henstridge	Strength & Conditioning AFTER practice	
December	Thursday	05	5pm to 7pm	Fricker	1	U13G Henstridge		
December	Sunday	08	10am to 1pm	Nipissing	A1	U13G Henstridge	Strength & Conditioning AFTER practice	
December	Thursday	12	5pm to 7pm	Fricker	1	U13G Henstridge		
December	Saturday	14	8am to 8pm	Nipissing	A-B-C	All Teams	Hosting an OVA Tournament (U18G)	
December	Sunday	15	10am to 1pm	Nipissing	A1	U13G Henstridge	Strength & Conditioning AFTER practice	OVA Tournament
December	Thursday	19	5pm to 7pm	Fricker	1	U13G Henstridge		
January	Thursday	09	5pm to 7pm	Fricker	1	U13G Henstridge		
January	Sunday	12	11:30am to 1pm	Nipissing	A1	U13G Henstridge	No Strength & Conditioning	
January	Thursday	16	5pm to 7pm	Fricker	1	U13G Henstridge		
January	Thursday	23	5pm to 7pm	Fricker	1	U13G Henstridge		
January	Saturday	25	8am to 8pm	Nipissing	A-B-C	All Teams	Hosting an OVA Tournament (U16G)	
January	Sunday	26	10am to 1pm	Nipissing	A1	U13G Henstridge	Strength & Conditioning AFTER practice	
January	Thursday	30	5pm to 7pm	Fricker	1	U13G Henstridge		
February	Sunday	02	10am to 1pm	Nipissing	A1	U13G Henstridge	Strength & Conditioning AFTER practice	
February	Thursday	06	5pm to 7pm	Fricker	1	U13G Henstridge		

February	Sunday	09	10am to 1pm	Nipissing	A1	U13G Henstridge	Strength & Conditioning AFTER practice	
February	Thursday	13	5pm to 7pm	Fricker	1	U13G Henstridge		
February	Sunday	16	10am to 1pm	Nipissing	A1	U13G Henstridge	Strength & Conditioning AFTER practice	
February	Thursday	20	5pm to 7pm	Fricker	1	U13G Henstridge		
February	Sunday	23	12:30pm to 1:30pm	Nipissing	A1	U13G Henstridge	No Strength & Conditioning	OVA Tournament
February	Thursday	27	5pm to 7pm	Fricker	1	U13G Henstridge		
March	Sunday	01	10am to 1pm	Nipissing	A1	U13G Henstridge	Strength & Conditioning AFTER practice	
March	Thursday	05	5pm to 7pm	Fricker	1	U13G Henstridge		
March	Sunday	08	10am to 1pm	Nipissing	A1	U13G Henstridge	Strength & Conditioning AFTER practice	
March	Thursday	12	5pm to 7pm	Fricker	1	U13G Henstridge		
March	Sunday	15	10am to 1pm	Nipissing	A1	U13G Henstridge	Strength & Conditioning AFTER practice	
March	Sunday	22	10am to 1pm	Nipissing	B1	U13G Henstridge	Strength & Conditioning AFTER practice	
March	Thursday	26	5pm to 7pm	Fricker	1	U13G Henstridge		
April	Thursday	02	5pm to 7pm	Fricker	1	U13G Henstridge		
April	Sunday	05	10am to 1pm	Nipissing	A1	U13G Henstridge	Strength & Conditioning AFTER practice	
April	Thursday	09	5pm to 7pm	Fricker	1	U13G Henstridge		Provincials Apr 16-18